

Lansing Parks & Recreation

Your Recreation Leader

Spring/Summer 2009 Activities Guide

April-September

**Southside
Community
Center**

Details on pg. 2

**Summer
Camps
& Programs**

See pgs. 18-19

**Happy Birthday
Lansing!**

Michigan's capital city
turns the BIG 150 this year
and Lansing residents plan
on celebrating all year long.
Learn more and get
involved by visiting:
www.lansing150.com



VIRG BERNERO, MAYOR



Creating Community Through People, Parks and Programs



Conceptual
drawing of the new
Southside Community
Center by DLZ

Southside Community Center Update!

The City of Lansing's Department of Parks and Recreation and the Lansing School District are thrilled in welcoming you to the much anticipated Southside Community Center at Hill Academy. Phase I of renovations to the facility will begin April 1, 2009. Upon completion, this community center will stand ready to provide the citizens of Lansing with quality recreational activities for the entire family. The facility will include a new entry area, lobby, and offices for Parks and Recreation Department staff and feature a newly renovated swimming pool, gymnasium, and auditorium. There will also be a room for classes, programs and community meetings and a games room for all ages.

The leisure time activities offered here will include open recreation activities supervised by Lansing Department of Parks and Recreation staff. Examples of open recreational activities include open swimming, open gymnasium, arts and crafts and games room activities. These activities will be free of charge during our after school program.

The Southside Community Center will also offer fee-based, recreational classes and programs. Swimming classes, dancing, archery, fitness, sports and arts programs are just a few examples of instructional classes planned for your new Southside Community Center.

The hours of operation will be from 8:30 a.m. to 9:00 p.m., Monday through Friday and 8:30 a.m. to 5:00 p.m. on Saturday, October through May. Summer hours, June through September, will be 8:30 a.m. to 5:00 p.m., Monday and Friday, and 8:30 a.m. to 7:00 p.m. Tuesday through Thursday, closed Saturday. For details on the grand opening, please see the City of Lansing Department of Parks and Recreation website at www.lansingmi.gov/parks as renovations near completion.



**Scholarships are available to City of
Lansing youth who qualify. See page 34 in the
general info section for complete details.**

MISSION LANSING PARKS AND RECREATION

"The mission of the Parks and Recreation Department is to enhance the quality of life through the preservation and maintenance of park lands, the provision of quality leisure time activities, and the provision of special facilities which would otherwise not be available to the Lansing residents."

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*If you are interested in advertising in this
publication, please contact Denise Lynch,
Editor at 483-4290.*

Building Hours for Foster, Gier, Letts and Southside* Community Centers

**NOW THROUGH MAY 16 AND
BEGINNING SEPTEMBER 28:**

Monday - Friday, 8:30 am - 9:00 pm
Saturday, 8:30 am - 5:00 pm
Closed Sunday

MAY 23 - SEPTEMBER 27:

Closed Saturday and Sunday

BEGINNING JUNE 8:

Monday - Friday, 8:30 am - 5:00 pm
Tuesday - Thursday, 8:30 am - 9:00 pm
Closed Saturday and Sunday

BEGINNING SEPTEMBER 14:

Monday - Thursday, 8:30 am - 9:00 pm
Friday, 8:30 am - 5:00 pm
Closed Saturday and Sunday

** Upon completion*

OPEN & LAP SWIMMING

GARDNER POOL

4/14-5/22

Tuesdays, 6:15 - 7:15 pm

4/17-5/22

Fridays, 7:45-8:45 pm

SOUTHSIDE COMMUNITY CENTER POOL (HILL) 6/15-8/6

Monday - Thursday 11:30 am-1:00 pm

Tuesday & Thursday 8:00-9:00 pm

Tuesday & Thursday 5:30-6:30 pm
(Lap swim only)

Bring the family to this affordable activity close to home! Children under age 12 must be accompanied by an adult. Toddlers and infants must wear a swim diaper with snug fitting legs. A lane will be reserved for lap swim upon request. \$2/person or maximum \$10/immediate family at the door. Please bring correct change. Call 483-4277 or 483-4290 for updates or cancellations.

POOL ENTRANCES

GARDNER – Use doors on west side of the building near dumpsters; go right to the end of the hallway to pool doors.

SOUTHSIDE COMMUNITY CENTER POOL (HILL) – Enter from the south parking lot.

Why sign up for Aqua Exercise?

Water based exercise provides a comfortable workout for the body. 90% of a person's body weight is lost when in shoulder deep water and as a result less joint stress is put on the body. In addition to feeling weightless, it can prevent or correct muscular imbalance because the water applies equal tension to the body. Studies have shown that a person who walks on land for 30 minutes uses 135 calories, while walking in deep water for the same amount of time 264 calories are used due to the resistance produced by the water. Take advantage of all the wonderful benefits the water can provide and sign up for a Lansing Parks and Recreation Aqua Exercise class.

Aqua Exercise Classes For Adults

Gain the benefits of aerobics with the conditioning, toning and non-impact benefits of the water.

I WANT RESULTS:

Medium-High Intensity (Adults)

This deep water, cardiovascular workout utilizes aqua-belts to keep you afloat and get results without stress on your joints. The class is mostly cardio, but strength training is included with a mixture of noodles and dumbbells in the shallow end of the pool. Non-swimmers can participate in the shallow end of the pool with a modified workout. Equipment is provided at the pool.

Activity #335110D (16 classes) \$64/Res; \$96/Non-Res
4/14-5/21 7:15-8:15 pm Tue & Thu Gardner

Activity #435110D (16 classes) \$64/Res; \$96/Non-Res
6/16-8/6 7-8 pm Tue & Thu Southside Comm. Center (Hill)

Mini Session

Activity #435110DD (8 Classes) \$32/Res; \$48/Non-Res
8/11-9/3 7-8 pm Tue & Thu Hunter

STRETCH & FLEX:

Low Intensity/Warm Water (Adults)

End the work week with a relaxing, non-impact workout. This class targets adults who want to work their muscles and joints in a warm water setting.

Activity# 335120A (8 classes) \$32/Res; \$48/Non-Res
4/17-5/22 Fri 6:45-7:45 pm North

AQUA EXERCISE PUNCH CARD

Attend any Lansing Parks and Recreation aquatic exercise class with your punch card. Each card is good for 6 punches with no expiration.

Activity #335110PC \$39/Res; \$58/Non-Res
Activity #435110PC \$39/Res; \$58/Non-Res

Swim in a warm water pool environment with stair entry.

Classes meet 8 weeks

\$46/Res; \$51/Non-Res for lessons

\$46/Res; \$69/Non-Res for Stretch & Flex (See course description on this page.)

NORTH SCHOOL POOL FRIDAY 4/17-5/22

335100F	Preschool	5:30-6:00
335010F	Level 1	5:30-6:00
335080F	Babes & Tots	6:00-6:30
335120A	Stretch & Flex	6:30-7:30

Outdoor Community Pools Open 7 days a week!



FREE Admission

ID REQUIRED

YOUTH AGE 11 AND UNDER (Elementary Age):

A parent or guardian with I.D. must fill out a pool emergency information card in person at the pool prior to the child swimming for the season.*

PERSONS AGE 12 – 17 (Middle & High School): Show a current pictured school I.D., Drivers License or state issued I.D. and completely fill out a pool emergency information card.

ADULTS:

Show a current Drivers License or state issued I.D. and completely fill out a pool emergency information card.

Cards will be kept on file for the current pool season at each pool.



Come Swim With Us!

Children under the age of 5 and less than 42 inches tall must be accompanied by a parent or responsible teen at least 16 years old. Children who are not toilet trained must wear a swimming diaper.



Hunter Park Pool & Splash Pad

1400 E. Kalamazoo

Phone: 371-3622

HUNTER POOL SCHEDULE :

May 30 - September 7*

Open Swim, 1-7 p.m. daily

Adult classes/lap swim scheduled, 7-8 p.m.

(Call or visit the pool for details)

SPLASH PAD open 1-7 p.m. daily

Available for rental.

Please call 483-4290 for details.

Moore's Park Pool

600 Moore's River Drive

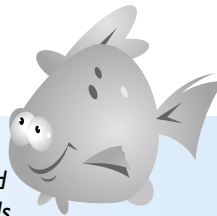
Phone: 371-2778

MOORE'S POOL SCHEDULE:

June 5 - August 24*

Open Swim,

1-7 p.m. daily



Want more swimming?

Swim lessons, aqua exercise and indoor open swim offered at various Lansing school locations. See pages 3-5 for details.

*Weather permitting

Did you know?

Our swim lessons are taught by certified Water Safety Instructors (WSI) who have successfully completed an intensive American Red Cross WSI training program. What does this mean to you? You are being taught by a qualified instructor who has been specifically trained to teach the mechanics of swimming, stroke development and water safety.

Parent/Child Classes:

BOBBIN BABES (Ages 6 Months – 2 Years)

TINY TOTS (Age 2 – 5 Years)

BABES & TOTS (Ages 1 – 5 Years)

Water adjustment for a parent and child with an emphasis on fun, safety and gaining confidence and comfort in the water. The instructor will guide you with songs, games and activities in the water. One adult must accompany each child in the pool. Child must be toilet trained or wear a swim diaper with snug fitting legs.

Swim Lessons

PRESCHOOL (Ages 3 – 6)

Experience advanced water adjustment activities, propulsive swimming movements, floating, safety and swimming skills in preparation for Level 1.

LEVEL 1: EXPLORERS (Ages 5+)

Continue with advanced water adjustment, introduction to floating and alternating arms. Level 1 creates a sound foundation for aquatic and safety skills.

LEVEL 2: STARFISH

Expand fundamental aquatic locomotion, unsupported floating, gliding, rhythmic breathing, combined skills, safety and rescue skills.

LEVEL 3: GOLDFISH

Increase swimming skills, introduction to the butterfly, build on locomotion, safety and rescue skills, deep water adjustment, diving, treading water.

LEVEL 4: DOLPHINS

Develop confidence and competency in strokes and safety skills beyond preceding levels. Breath control, swimming endurance, rescue breathing, introduction to breaststroke, sidestroke, elementary backstroke and turning at the wall.

LEVEL 5: SHARKS

Continued work on all strokes and safety. Introduction to flip turns on the front and back.

LEVEL 6: STINGRAYS

Refine strokes for ease, efficiency, power and smoothness over greater distances.



AQUATICS

SPRING TERM SWIM PROGRAMS

April 14 - May 22

YOUTH LESSONS

6 Classes - \$24/Res; \$29/Non-Res

Youth lessons meet once a week for 8 weeks. Every attempt will be made to offer a make-up class if we must cancel due to circumstances beyond our control.

GARDNER

TUESDAY 4/14 - 5/19

335020B Level 2	5:30-6:15
335030B Level 3	5:30-6:15
Open/Lap Swim	6:15-7:15
335110D I Want Results	7:15-8:15

WEDNESDAY 4/15 - 5/20

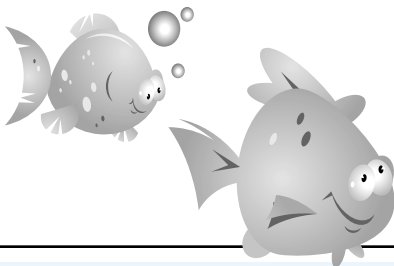
335100D Preschool	5:30 - 6:00
335070D Bobbin Babes	5:30 - 6:00
335030D Level 3	6:00 - 6:45
335040D Level 4	6:00 - 6:45

THURSDAY 4/16 - 5/21

335040C Level 4	5:30 - 6:15
335100C Preschool	5:30 - 6:00
335080C Tiny Tots	6:00 - 6:30
335010C Level 1	6:15 - 6:45
335020C Level 2	6:30 - 7:15
335110D I Want Results	7:15 - 8:15

FRIDAY 4/17 - 5/22

335020E Level 2	5:30-6:15
335030E Level 3/4	6:15-7:00
Open/Lap Swim	7:00-8:00



SEMI-PRIVATE & PRIVATE SWIM LESSONS (All Ages)

Receive personalized instruction that is scheduled by arrangement. Fee includes four, 30 minute lessons of one on one (private) or one on two/three (semi-private) instruction. Call 483-4290 to register.

Private Youth: \$56/Res; \$61/Non-Res
Private Adult: \$56/Res; \$84/Non-Res

Semi-Private Youth: \$41/Res; \$46/Non-Res
Semi-Private Adult: \$41/Res; \$61/Non-Res

SUMMER TERM SWIM PROGRAMS

June 15 - August 6

YOUTH LESSONS

Youth Swim Lessons:

2 Weeks - 4 Days/week

Fees: \$32/Res; \$37/Non-Res

SESSION 1:

SOUTHSIDE CENTER (HILL) MON-THU

6/15-6/25

435010A Level 1	9:30-10:00
435020A Level 2	9:30-10:15
435030A Level 3	10:00-10:45
435040A Level 4	10:15-11:00
435100A Preschool	11:00-11:30
Open/Lap Swim	11:30-1:00
Private Lessons	11:30-1:00

SESSION 2:

SOUTHSIDE CENTER (HILL) MON-THU

6/29-7/9

435100B Preschool	9:30-10:00
435030B Level 3	9:30-10:15
435020B Level 2	10:00-10:45
435050B Level 5/6	10:15-11:00
435010B Level 1	11:00-11:30
Open/Lap Swim	11:30-1:00
Private Lessons	11:30-1:00

SESSION 3:

SOUTHSIDE CENTER (HILL) MON-THU

7/13-7/23

435010C Level 1	9:30-10:00
435040C Level 4	9:30-10:15
435030C Level 3	10:00-10:45
435020C Level 2	10:15-11:00
435100C Preschool	10:45-11:15
435080C Babes & Tots	11:00-11:30
Open/Lap Swim	11:30-1:00
Private lessons	11:30-1:00

SOUTHSIDE CENTER (HILL) MON-THU

7/27-8/6

435100D Preschool	9:30-10:00
435030D Level 3	9:30-10:15
435020D Level 2	10:00-10:45
435050D Level 5/6	10:15-11:00
435040D Level 4	10:45-11:30
435010D Level 1	11:00-11:30
Open/Lap Swim	11:30-1:00
Private Lessons	11:30-1:00

EVENING SWIM SCHEDULE

Youth Swim Lessons:

4 weeks - 2 days/week

Fees: \$32/Res; \$37/Non-Res

Adult Exercise Classes:

See class descriptions and fees

SESSION 1:

SOUTHSIDE CENTER (HILL) TUE & THU

6/16-7/9

435100E Preschool	5:30-6:00
435010E Level 1	5:30-6:00
435040E Level 4	5:30-6:15
Lap swim only	5:30-6:30
435030E Level 3	6:00-6:45
435020E Level 2	6:00-6:45
435050E Level 5/6	6:15-7:00
435110E I Want Results	7:00-8:00
Open/Lap Swim	8:00-9:00

SESSION 2:

SOUTHSIDE CENTER (HILL) TUE & THU

7/14-8/6

435100F Preschool	5:30-6:00
435020F Level 1	5:30-6:00
435040F Level 4	5:30-6:15
Lap swim only	5:30-6:30
435030F Level 3	6:00-6:45
435020F Level 2	6:00-6:45
435050F Babes & Tots	6:15-6:45
435110E I Want Results	7:00-8:00
Open/Lap Swim	8:00-9:00

CREATIVE CRAFTS AND COOKING



PAINTED HORSES – ART CLASS FOR KIDS (Ages 6-10)

Create your own horse picture using a choice of chalk, pencil, or paint. All artwork will be featured at Walking Horse Gallery during the first Sunday Gallery Walk in Old Town. One special class will include a live horse on site for children to sketch. Art show date to be announced. Samples on display at Foster Center. Instructors: Chris Bragdon-Lau and Zach Evert. 5 sessions.

Activity #313705A	\$5/Res; \$7/Non-Res
4/15-5/13 Wed 4-5 pm	Gier



CAPTURED CHAIN MAIL BRACELET (Adults)

This project makes a delicate, simple weave chain mail bracelet in sterling silver. See the project at www.PhoenixRisingJewelry.com. Kit fee of \$40 payable to instructor at the beginning of class includes sterling silver jump rings and sterling silver clasp. Samples on display at Foster Center. Instructor: Chris Townsend.

Activity #312582A	\$10/Res; \$15/Non Res
5/2 Sat 9 am-1 pm	Foster

Activity #412582A	\$10/Res; \$15/Non Res
9/12 Sat 9 am-1 pm	Foster



ENTWINED RING EARRINGS (Adults)

This is an excellent class for beginners to work with metal by weaving jump rings. See the project at www.PhoenixRisingJewelry.com. Kit fee of \$10 payable to instructor at the beginning of class includes sterling silver ear wires, copper practice jump rings, and sterling silver ones for your final project. Samples on display at Foster Center. Instructor: Chris Townsend.

Activity #312591A	\$10/Res; \$15/Non Res
6/11 Thu 6-8 pm	Foster

Activity #412591A	\$10/Res; \$15/Non Res
9/3 Thu 6-8 pm	Foster



PILLOW MAKING (Adults)

Make your own designer pillows – using different decorative trims such as cording, ruffle, flange, etc. In the first class we will learn the basic techniques by making a small square corded pillow along with closing options. You may purchase a form or learn to make your own. The second class will be a pillow of your choice! Students need to bring their own machines to class and have a basic knowledge of sewing. Supply list will print on your receipt. Instructor: Lucy Hartlove. 2 Sessions.

Activity #312540A	\$25/Res; \$37/Non-Res
4/15 & 4/22 Wed 6:30-8:30 pm	Foster

Activity #312540B	\$25/Res; \$37/Non-Res
5/13 & 5/20 Wed 6:30-8:30 pm	Foster

BEGINNING CROCHET (Adults)

Begin with a single crochet stitch; continue with double stitch, rounds, granny squares and finishing techniques, with simple projects for each week's topic skills. Instructor: Sally Holliday. 4 sessions.

Activity #314650A	\$30/Res; \$45/Non-Res
4/6-4/27 Mon 6-7 pm	Letts

Activity #414650A	\$30/Res; \$45/Non-Res
7/7-7/28 Tue 6-7 pm	Letts

BASIC KNITTING (Adults)

This class will provide the basic knowledge to knit one-purl one, how to knit in the round and the art of using double pointed needles (4 needles). Needles and yarn are not included; one hat and one scarf pattern will be provided. Instructor: Chris Bragdon-Lau. 5 sessions.

Activity #313685A	\$40/Res; \$60/Non-Res
4/15-5/13 Wed 6:30-8 pm	Gier

Activity #413685A	\$40/Res; \$60/Non-Res
6/10-7/8 Wed 6:30-8 pm	Gier

UPHOLSTERY CLASS (Adults)

Restore your old chair or small piece of furniture after completely dismantling it in class. All principles of upholstery can be learned on a small piece which will be applicable to a larger piece. Suggested fabrics, colors, and suitable patterns will be addressed. No recliners, love seats or couches, please. Bring your project to the first class along with tools (tack hammer w/magnet, tack lifter and needle nose pliers if you have them) and an old sheet to cover your piece. Beginning sewing skills are recommended. Instructor: Charlie Fulton. 8 sessions. No class 5/25.

Activity #350120A	\$72/Res; \$108/Non-Res
4/6-6/11 Mon 6-9 pm	Miller Rd Center

WATERCOLOR: BEGINNER/ INTERMEDIATE (Adults)

Local artist, Richard O'Malley leads this introduction to traditional transparent watercolor, color value and composition. Work will range from cats, florals and landscapes to experimentation. Mixed media techniques will also be introduced. If you have supplies, please bring them. A supply list will be printed on your receipt when you register. If you purchase supplies from O'Leary Paint you will get a 10% discount. Limited enrollment. For all skill levels. Instructor: Richard O'Malley.

Activity #350652A	\$60/Res; \$90/Non-Res
4/14-5/19 Tue 6:30-8:30 pm	Foster

Activity #450652A	\$60/Res; \$90/Non-Res
6/16-7/21 Tue 6:30-8:30 pm	Southside CC (Hill)

ONE-STROKE PAINTING (Adults)

This course will teach you the basics of One-Stroke decorative painting created by Donna Dewberry. A complete floral design will be painted together at each session. Instructor: Celestine Hart. 5 sessions.

Activity #314501A	\$40/Res; \$60/Non-Res
4/8-5/6 Wed 6:30-8:30 pm	Letts

CREATIVE PAINTING CLUB (Adults)

This is a group seeking beginner and amateur painters to join together to learn more about painting. All types of painters are welcome including acrylic, watercolor, and oil. We can explore every thing from traditional canvas painting to card making, and from murals to painted fashions and much more.

Activity #314023A	Free
4/9-5/28 Thu 6:30-8:30 pm	Letts

TEDDY BEAR CHEFS (Ages 3-5)

These easy, hands-on recipes are foods that kids will enjoy eating and have fun making, while developing basic cooking skills and safety. Instructor: Tina Goins. 4 sessions.

Activity #313531A	\$10/Res; \$15/Non-Res
4/25-5/16 Sat 11 am-12:30 pm	Gier

Is there a specific craft project for adults that you would like to see offered at your local community center? Are you "crafty" yourself and would like to share your knowledge with others? Please call Foster (483-4233); Gier (483-4313) or Letts (483-4311) to discuss classes or instruction.

DANCE

PRE-DANCE (Ages 4-6)

Fundamental dance movement, ballet, tap and jazz expressed to music along with warm-ups, tumbling and simple dance sequences. Time for creative expression too! Instructor: Garnett Kepler. 7 sessions.

Activity #312701A	\$27/Res; \$32/Non-Res
4/6-5/18 Mon 4:30-5:20 pm Foster	
Activity #312701B	\$27/Res; \$32/Non-Res
4/8-5/20 Wed 4:30-5:20 pm Foster	

BEGINNING TAP I (Ages 5-7)

Designed for children with no previous dance experience. The class will include basic tap steps and simple combinations, as well as developing an awareness of how the tap sounds relate to music. Instructor: Julie Williams. 8 sessions. No class 4/10.

Activity #312715A	\$25/Res; \$30/Non-Res
4/3-5/29 Fri 6:30-7:10 pm Foster	

BEGINNING TAP II (Ages 8-10)

Designed for students who have already taken Tap I. This class takes students into the next level of tap including basic tap steps and rhythm combinations. Instructor: Julie Williams. 8 sessions. No class 4/10.

Activity #312716A	\$25/Res; \$30/Non-Res
4/3-5/29 Fri 7:30-8:10 pm Foster	

ACROBATICS (Ages 5-10)

Introduction to basic tumbling moves and agility tricks such as handstands, cartwheels, front and back somersaults and bridges. We will work on stretching and limbering the body and learn proper form of tumbling. Each child will work on moves and tricks appropriate to their skill level. Instructor: Garnett Kepler. 7 sessions.

Activity #312700A	\$27/Res; \$32/Non-Res
4/9-5/21 Thu 4:20-5:10 pm Foster	

BALLET/JAZZ I (Ages 5-7)

Introduction to basic ballet steps, terminology with fundamental jazz techniques, dance skill development and enhance creative movement. Instructor: Garnett Kepler. 7 sessions.

Activity #312702A	\$27/Res; \$32/Non-Res
4/7-5/19 Tue 4:20-5:10 pm Foster	

VARIETY D.A.N.C.E. (Ages 5-14)

Developing And Nurturing Community Empowerment (D.A.N.C.E.) is a non-profit organization dedicated to teaching underprivileged children the art of dance. In each D.A.N.C.E. level listed below, students will learn Jazz, Tap, Hip Hop, Acrobatics, Ballet, Step, Cheer, and African movements. Once students progress beyond the Introduction level classes, there will be an additional costume fee; levels 2-3 commit to perform in monthly events and/or competitions. All level students will be given a mentor for goal setting beyond high school, and community involvement. Mentoring/Study sessions will be Mondays and Wednesdays, 5:30-6:30 pm. Wear loose comfortable clothing or leggings with leotard or t-shirt (no jeans). Instructors: Roslyn English & Chadorea Mack. 7/14 sessions. No class 5/25.

INTRODUCTION: (No previous experience)

Activity #312720A (Ages 5-8)	\$14/Res; \$19/Non-Res
4/16-5/28 Thu 6-7 pm Foster	

Activity #312720B (Ages 9-14)	\$14/Res; \$19/Non-Res
4/16-5/28 Thu 7:15-8:15 pm Foster	

Activity #412720A (Ages 5-8)	\$14/Res; \$19/Non-Res
7/9-8/20 Thu 6-7 pm Foster	

Activity #412720B (Ages 9-14)	\$14/Res; \$19/Non-Res
7/9-8/20 Thu 7:15-8:15 pm Foster	

LEVEL 2: (Instructor Recommendation)

Activity #312720D (Ages 5-14)	\$28/Res; \$33/Non-Res
4/13-5/27 Mon & Wed 6:30-8:30 pm Foster	

Activity #412720D (Ages 5-14)	\$14/Res; \$19/Non-Res
7/8-8/19 Wed 4:30-6:30 pm Foster	

LEVEL 3: (Instructor Recommendation)

Activity #312720E (Ages 6-14)	\$28/Res; \$33/Non-Res
4/13-5/27 Mon & Wed 6:30-8:30 pm Foster	

Activity #412720E (Ages 6-14)	\$14/Res; \$19/Non-Res
7/8-8/19 Wed 6:30-8:30 pm Foster	

ADVANCED: (Instructor Recommendation)

Activity #412720F (Ages 6-14)	\$7/Res; \$12/Non-Res
7/9-8/20 Thu 5-6 pm Foster	



MODERN/JAZZ DANCE FOR TEENS (Ages 13-17)

Students will learn one routine with jazz and one with modern. In this beginner class, the choreography is easy to follow so there is no experience necessary. Instructor: Julie Williams. 8 sessions.

Activity #412717A	\$25/Res; \$30/Non-Res
7/7-8/25 Tue 6:30-7:10 pm Foster	

MEXICAN DANCE - LEVEL I/LEVEL II (Ages 6-Adult)

Students will learn traditional folklorico dances. Level I is for the very beginning student and includes costuming, footwork and cultural enjoyment. Level II is a continuation of Level I and requires instructor recommendation. Instructor: Alicia Guevara Quintero. 7 sessions. No class 4/11.

LEVEL I (Beginning):

Activity #312706A (Ages 6-12)	\$14/Res; \$19/Non-Res
3/28-5/16 Sat 10:30-11:30 am Foster	

LEVEL II (Continuation/Experienced):

Activity #312706B (Ages 8-12)	\$14/Res; \$19/Non-Res
3/28-5/16 Sat 11:30 am-12:30 pm Foster	

Activity #312706C (Ages 13-17)	\$14/Res; \$19/Non-Res
3/28-5/16 Sat 12:30-1:30 pm Foster	

Activity #312706D (Adults)	\$14/Res; \$21/Non-Res
3/28-5/16 Sat 12:30-1:30 pm Foster	

BEGINNING BELLY DANCE FOR TEENS (Ages 12-17)

A Middle Eastern dance class designed with your teen in mind. We will introduce basic movements, veil work & a short dance/choreography. Folk dances such as Debke (Lebanese) & Sertos (Greek) will be covered. Instructor: Garnett Kepler. 7 sessions.

Activity #312713A	\$27/Res; \$32/Non-Res
4/6-5/18 Mon 5:30-6:20 pm Foster	

BEGINNING BELLY DANCE LEVEL I (Adults)

Basic techniques, movement and isolation. Instructor: Garnett Kepler. 7/8 sessions.

Activity #312501A	\$27/Res; \$40/Non-Res
4/6-5/18 Mon 6:30-7:30 pm Foster	

Activity #312501B	\$27/Res; \$40/Non-Res
4/7-5/19 Tue 7:40-8:40 pm Foster	

Activity #412501A	\$30/Res; \$45/Non-Res
7/7-8/25 Tue 5:20-6:20 pm Foster	

Activity #412501B	\$30/Res; \$45/Non-Res
7/8-8/26 Wed 5:30-6:30 pm Foster	

BEGINNING BELLY DANCE LEVEL II (Ages 16-Adult)

This class is for students that have completed the Beginning Level I class. A preparatory class for Intermediate Level. Instructor: Garnett Kepler. 7/8 sessions.

Activity #312526A (Adults)	\$27/Res; \$40/Non-Res
4/9-5/21 Thu 5:20-6:20 pm Foster	

Activity #312526B (Ages 16-18)	\$27/Res; \$32/Non-Res
4/9-5/21 Thu 5:20-6:20 pm Foster	

Activity #412526A (Adults)	\$30/Res; \$45/Non-Res
7/7-8/25 Tue 6:30-7:30 pm Foster	

Activity #412526B (Ages 16-18)	\$30/Res; \$35/Non-Res
7/7-8/25 Tue 6:30-7:30 pm Foster	

Patsy Watson's School of Dance

Located in the Logan Square ShoppingCenter at the corner of Holmes and Martin Luther King Blvd.

YOUTH AND ADULT CLASSES

Monday through Saturday
Ballet, Tap, Jazz, Hip Hop, Gymnastics,
Acrobatics and Ballroom

On-going registration is accepted

Tuition is paid on a monthly basis and starts at \$19 a month.

YOU MUST BRING THIS AD from the Lansing Parks and Recreation CommunityActivities Guide to receive the special discounts.
NEW STUDENTS ONLY.

Register at Patsy Watson's School of Dance - 882-6871 or visit www.patsywatson.com

DANCE

INTERMEDIATE BELLY DANCE (Adults)

Designed for those who have had a beginner class or previous experience. Instructor: Garnett Kepler. 7/8 sessions.

Activity #312502A	\$27/Res; \$40/Non-Res
4/7-5/19 Tue 7:40-8:40 pm Foster	
Activity #312502B	\$27/Res; \$40/Non-Res
4/8-5/20 Wed 6:30-7:30 pm Foster	
Activity #412502A	\$30/Res; \$45/Non-Res
7/7-8/25 Tue 7:40-8:40 pm Foster	

MASTER BELLY DANCE (Adults)

Designed for those who have mastered the beginning and intermediate levels. Instructor: Garnett Kepler. 7 sessions.

Activity #312503A	\$27/Res; \$40/Non-Res
4/8-5/20 Wed 5:30-6:20 pm Foster	

BURLESQUE (Adults)

Jazz and Belly Dance styles combines; danced to American music. Two routines will be taught; "You Can Keep Your Hat On" will highlight the use of a hat and jacket (oversized-Men's) as props, and a selection from "Gorillaz" will utilize a feather boa. Instructor: Garnett Kepler. 7 sessions.

Activity #312525A	\$27/Res; \$40/Non-Res
4/9-5/21 Thu 7:40-8:40 pm Foster	
Activity #312525B	\$27/Res; \$40/Non-Res
4/7-5/19 Tue 5:20-6:20 pm Foster	

BELLY DANCE (ALL LEVELS): COMBINATIONS AND LOCKS (Adults)

Students will learn exciting combinations and "POP". Instructor: Garnett Kepler. 4 sessions.

Activity #412527A	\$15/Res; \$23/Non-Res
7/9-7/30 Thu 6:30-7:30 pm Foster	

INTERMEDIATE BELLY DANCE PROP CLASS (Adults)

Students will learn to manipulate double Veil, Cane, Sword, and Baskets. A limited number of props will be provided. Instructor: Garnett Kepler. 4 sessions.

Activity #412528A	\$15/Res; \$23/Non-Res
7/9-7/30 Thu 7:40-8:40 pm Foster	

VEIL DANCE (Beginner adults)

Students will learn veil techniques & combinations including a short routine. Instructor: Garnett Kepler. 4 sessions.

Activity #412530A	\$15/Res; \$23/Non-Res
8/6-8/27 Thu 7:40-8:40 pm Foster	

VEIL DANCE (Intermediate adults)

Students will learn a full routine specializing in using the veil. Music: El Zaffa. Instructor: Garnett Kepler. 4 sessions.

Activity #412531A	\$15/Res; \$23/Non-Res
8/6-8/27 Thu 6:30- 7:30 Foster	

LOW IMPACT DANCE AEROBICS (Adults)

This workout takes the jumping and bouncing out of aerobics yet has the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Please bring an exercise mat and athletic shoes to class. Instructor: Margaret Sickles. No class 5/25.

Activity #350500B	\$26/Res; \$39/Non-Res
4/13-5/27 Mon & Wed 6-7 pm Mt. Hope	

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance, martial arts and yoga, and turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Sign up for both days to receive a discount! Instructor: Trudie Wilson.

Activity #350300A	\$48/Res; \$72/Non-Res
4/14-6/2 Tue 6-7 pm Rich	
Activity #350300B	\$48/Res; \$72/Non-Res
4/16-6/4 Thu 6-7 pm Rich	
Activity #350300C	\$60/Res; \$90/Non-Res
4/14-6/4 Tue/Thu 6-7 pm Rich	
Activity #450300A	\$48/Res; \$72/Non-Res
6/16-8/4 Tue 6-7 pm Southside CC (Hill)	
Activity #450300B	\$48/Res; \$72/Non-Res
6/18-8/6 Thu 6-7 pm Southside CC (Hill)	
Activity #450300C	\$60/Res; \$90/Non-Res
6/16-8/6 Tue/Thu 6-7 pm Southside CC (Hill)	



BEGINNING TAP (Adults)

Adult Tap is an innovative tap dance class involving basic tap steps/combinations with traditional dance moves. Choreography is easy to follow so there is no experience necessary. Instructor: Julie Williams. 8 sessions.

Activity #312517A	\$25/Res; \$37/Non-Res
4/7-5/26 Tue 6:30-7:10 pm Foster	

BEGINNING BALLROOM DANCE (Adults)

This class is designed for beginners or as a refresher course. Dances taught will include the Jitterbug, Cha-Cha, Foxtrot and Waltz. Register as couples only! Instructor: Garnett Kepler. 7 sessions.

Activity #312500A	\$27/Res Cple; \$40/Non-Res Cple
4/9-5/21 Thu 6:30-7:30 pm Foster	

PRIVATE BALLROOM DANCE LESSONS

Lessons will be comprised of requests from the Urban and Ballroom dance classes. Dance techniques will be taught at a beginning or intermediate skill level. Instructor: Sterling Armstrong. 4 sessions.

Activity #313373A	\$30/Res; \$45/Non-Res
4/23-5/14 Thu 7:30-9 pm Gier	
Activity #313373B	\$30/Res; \$45/Non-Res
5/28-6/18 Thu 7:30-9 pm Gier	

WEDDING DANCE MOVES

The bride and groom, along with their wedding party, can learn an easy, unique line dance routine for their wedding day. Instructor: Sterling Armstrong. 3 sessions.

Activity #313372A	\$21/Res; \$31/Non-Res
4/23-5/14 Thu 6-7:30 pm Gier	

WOMEN'S FREE FORM DANCE (Adults)

Join us for warm up stretching, yoga, and a good aerobic workout with group led dancing to music. No experience necessary, just the desire to move! Advance registration preferred; walk-ins, \$2 at the door. Instructors: Tina Kahn and Angela Ashley. 10 sessions.

Activity #312508A	\$10/Res; \$15/Non-Res
4/6-5/18 Mon 5:15-6:30 pm Foster	

BASIC HUSTLE 101 (Adults)

In this class you will learn the basic steps to get you started hustle dancing. No experience is needed; we will show you everything you need to know. You may pay for all the sessions or you may pay \$3 residents and \$4.50 non-residents at the door (pictured ID will be required). Instructor: A. Civils. 10 Sessions.

Activity #314111A	\$30/Res; \$45/Non-Res
4/7-6/9 Tue 6-7:30 pm Letts	
Activity #414111A	\$30/Res; \$45/Non-Res
7/7-9/8 Tue 6-7:30 pm Letts	

URBAN LINE DANCE (Adults)

Have fun and learn the basic line dance steps for the old and new Hustles, Cha-Cha and more. At the door prices are \$4 for city of Lansing resident and \$6 for non-residents (pictured ID will be required). Instructor: Sterling Armstrong. 4 sessions.

Activity #313370A	\$25/Res; \$38/Non-Res
4/15-5/6 Wed 6:30-8 pm Gier	
Activity #313370B	\$25/Res; \$38/Non-Res
5/20-6/10 Wed 6:30-8 pm Gier	
Activity #413370A	\$25/Res; \$38/Non-Res
7/8-7/29 Wed 6:30-8 pm Gier	
Activity #413370B	\$25/Res; \$38/Non-Res
8/5-8/26 Wed 6:30-8 pm Gier	



The Lansing Children's Outdoor Bill of Rights

Join the Nationwide initiative to reconnect youth with nature! Children who are connected with nature are more active and therefore lead a healthier lifestyle. The Outdoor Bill of Rights contains programs that will strengthen the awareness Lansing youth have of the outdoors. During these programs, youth will be given a token pertaining to one of ten "rights" each child should have. Once a token is collected for each of the ten "rights", you may redeem them for a t-shirt and certificate of completion.



Children's Outdoor Rights

Discover Michigan's Past

Splash in the Water

Follow a Trail

Protect the Environment

Camp under the Stars

Explore Nature

Be Physically Active

Play on a Team

Celebrate your Heritage

Catch a Fish

Listed below are the 10 Outdoor Rights along with the programs that correspond with them for the 2009 Summer season.

Discover Michigan's Past

Michigan Birds - (Fenner Nature Center)
Forest Ecology- (Fenner Nature Center)

Splash in the Water

Swim at Hunter Park Pool
or Moores Park Pool

Follow a Trail

Mayor's River Walk

Protect the Environment

Budding Naturalists- (Fenner Nature Center)

Camp Under the Stars

The Great Urban Overnight Camp
Teen Sleepy Hollow Trip
Teen Campout
Family Fun Day at Sleepy Hollow State Park
Cool Campers

Explore Nature

Butterflies and Moths-
(Fenner Nature Center)

World of Insects

Finding and Rearing Caterpillars-
(Fenner Nature Center)

Michigan Reptiles and Amphibians-
(Fenner Nature Center)

Nature for the Preschooler-
(Fenner Nature Center)

Horse Camp (All Levels)

Healing Hearts with Horses

Saturday Camp

Mom and Me Horse Wrangler

Be Physically Active

All Tennis Programs
Camp Lansing Soccer Camp
Hershey Track and Field Meet
Boys and Girls Summer Lacrosse Camp
Wheelchair Tennis

Play on a Team

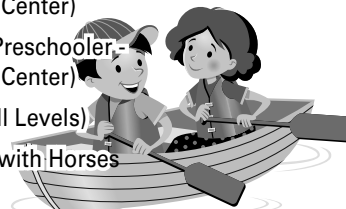
Little Kickers Soccer
Youth Baseball/Softball
Youth T-ball

Celebrate your Heritage

History Adventurers
Time Travelers
Turner Dodge House Guided Tours
Chief Okemos Camp

Catch a Fish

Fish Camp
Fishing and Boating



FENNER NATURE CENTER

Celebrating 50 years in 2009 of providing nature education and recreation for the citizens of Lansing.



Welcome

Check out what's New at Fenner Nature Center, including our huge collection of live, native Michigan reptiles and amphibians, insect displays, and more! Join our email list to receive our new monthly newsletter, featuring special nature articles and announcements of additional programs not found below. To sign up, visit www.fofnc.org, call us, or stop in.

New Visitor Center Hours

(more on the weekends!)

Tuesday thru Friday, 10am to 4pm

Saturday, 9am to 4pm

Sunday, 12pm to 4pm

Approximately four miles of trails through 130 acres includes a paved half-mile loop.

Trail hours: Open daily, 8am to sunset.

Dogs, bicycles and alcohol are prohibited.



Contact Fenner at 483-4224 or visit www.fofnc.org to register

MAPLE SYRUP FESTIVAL

**Saturday, March 21 and
Sunday, March 22
11 am-4 pm**

This year, Fenner's Maple Syrup Festival offers regularly scheduled tours - from tree tapping to syrup sampling, plus a whole lot more! Live, interactive animal exhibits, like snake-handling and frog-feeding; nesting box workshops; wildlife-related presentations featuring popular guest experts; wildlife artists and nature-crafters; informative guided trail walks; face-painting; kids' crafts; food and drink, and more surprises.

Entry is free, nominal fee for each presentation.

BIRTHDAY PARTIES

Have your next birthday party at Fenner! Party-goers will have unique opportunities to visit with all our in-house, live Michigan reptiles and amphibians, get their pictures taken holding a snake, feed turtles and frogs, and walk the trails, too. Let us know of your child's favorite things in nature, and we will customize it just for his or her special day! Maximum 10 children, please. ***Contact us to arrange an appointment for any small gathering of families or friends, from kids to adults, at the same rate. Fee: \$80.

HIGH-QUALITY NATURE LESSONS, INDOORS AND OUT!

We have something for all ages, from 3 to 103! Schools, home school groups, scouts (merit badge activities), families, adult groups and organizations, and senior groups, too. We will customize the visit to fit your needs and interests related to the natural world around us. Grade-appropriate benchmarks are touched upon in each school lesson, often featuring live animals or interpretive trail walks. Our reasonable rates vary, depending on the size of your group. Contact us for rates and a list of topics!

Youth Programs

MY FIRST FIELD GUIDES

(Ages 5 & under w/adult)

Fenner has a slew of colorful and informative nature guides to jump-start blossoming naturalists. Each day, specific animals and plants will be highlighted in a brief indoor lesson. Then, we'll visit with "the real things" inside, or discover them along the trails outside.

Activity #337520B			\$3
4/1	Wed	12:30-1:15 pm	Fenner
Activity #337520C			\$3
5/6	Wed	12:30-1:15 pm	Fenner

TODDLER PATROL

(Ages 2-3 years w/parent)

Spring is here and it is a great opportunity to get outside after the cold winter and introduce your toddler to the wonders of nature. This hands-on, active program has been designed to enhance the natural curiosity of two and three year olds. Each week there will be activities, a story and outdoor discoveries.

Activity #337510A		\$30/Res; \$35/Non-Res	
4/13-5/11	Mon	9-10 am	Fenner
Activity #337510B		\$30/Res; \$35/Non-Res	
4/13-5/11	Mon	10:30-11:30 am	Fenner

SPRING BREAK NATURE EXPLORATIONS (Ages Kindergarten - 5th Grade)

Sign up for one or more days at Fenner Nature Center and explore the park during the changing season. We may experience everything from a snowstorm to balmy temperatures, so dress for the weather. We will go out and investigate the changes occurring in plants and animals in the park. We will also have plenty of indoor activities including feeding and learning about the live reptiles and amphibians, and making nature crafts. Bring a bag lunch.

Activity #337530A			\$14
4/7	Tue	9 am-3 pm	Fenner
Activity #337530B			\$14
4/8	Wed	9 am-3 pm	Fenner
Activity #337530C			\$14
4/9	Thu	9 am-3 pm	Fenner

SPRING BIRD WALKS

Walk the trails Saturday mornings with a local bird-er to observe the spring migration of birds through Lansing. Anyone interested in watching birds or learning more about birds is invited to join us. Volunteers from the local Capital Area Audubon Society lead the Saturday walks.

4/11, 4/18, 4/25	9 am	Fenner	Free
5/2, 5/9, 5/16, 5/23, 5/30	8 am	Fenner	Free

FENNER NATURE CENTER

EARTH DAY 2009

Help us celebrate our earth and all it provides us. Kids of all ages can have fun learning to identify trees and wildlife habitats while hiking through the forest for a look at birds and early wildflowers. Indoors we will be spending time with the new reptiles and amphibians, feeding them and handling some snakes!

4/19 Sun 12-4 pm Fenner Free

INTERNATIONAL MIGRATORY BIRD DAY/BE A TOURIST IN YOUR OWN TOWN

Saturday, May 30

Join Fenner Nature Center, the US Fish and Wildlife Service, and Potter Park Zoo for a day full of fun and information. Start out the day at Fenner on a bird walk. Search for migrating birds on their return from warmer climates, and also nesting residents setting up their summer territories. Beginning at 10 am, there will be displays and activities at Fenner and more activities, talks and demonstrations at Potter Park, all provided by individuals and organizations interested in spreading the word about the life of birds.

Fenner Nature Center

Bird Walk	8 am-10 am	Free
Family Activities	10 am-4 pm	Free

Potter Park Zoo

Activities/displays	10 am-5 pm
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HERBS FROM HEAD TO TOE

Don't just look at your garden this summer...be ready to put your garden to work! Learn several ways to use the herbs you grow to make your own hair conditioner, eye creams, facial masks, skin toner, body lotion, cuticle care, foot powders and more. Handouts include the recipes for all the day's projects. A small materials fee is payable to the instructor on the day. Instructor: Coleen French.

Activity #43700A	\$15
6/13 Sat 10 am-12 pm	Fenner



NEW! "Wild Times at Fenner" Summer Camps

All programs are guaranteed to offer more up-close, hands-on experiences with wildlife than ever. Fenner's observation room now houses the largest collection of live Michigan reptiles and amphibians to be found in the state. No matter what the weekly topic, all students will have opportunities to visit with over 30 species of Michigan snakes, turtles, frogs and salamanders every day. Lots of bugs, too!

Fees: **4 day camp** - \$55/Res; \$70/Non-Res
Preschool camp - \$30/Res; \$40/Non-Res

After Camp Child Care - \$50/week.
 Only applies to children staying until 3pm

MICHIGAN BIRDS

Over 300 species of birds have been found in Michigan; yet, most of us can hardly name 20! Your child will become the family bird expert! We'll identify them by sight and by song, and search for nests, too. Each student will also keep a checklist.

6/22 - 6/25	Mon-Thu
Activity #437220A	9 am-3 pm (Completed 3rd grade & older)
Activity #437300A	Child Care

BUDDING NATURALISTS

Frogs and flowers, snakes and snacks, turtles and trees, birds and butterflies...! Young naturalists get a taste of an eye-opening variety of all of the above, and more, through a mix of fun, hands-on indoor and outdoor activities.

6/29-7/2	Mon-Thu
Activity #437210A	9 am-3 pm (Completed K-2nd grade)
Activity #437200A	9-11:30am (Ages 4-6) No Child Care
Activity #437200B	12:30 - 3pm (Ages 4-6)
Activity #437300B	Child Care

WORLD OF INSECTS

Young entomologists will explore the abundant and diverse world of these six-legged wonders. We'll search for insects to identify and study, and to feed to our ever-hungry amphibians and turtles. Life cycles and classification will also be explored.

7/6-7/9	Mon-Thu
Activity #437210B	9 am-3 pm (Completed K - 2nd grades)
Activity #437300C	Child Care

MICHIGAN REPTILES & AMPHIBIANS

Turn your child into the neighborhood snake or frog expert after a week of exposure to our huge live collection. Handle snakes, classify turtles, catch insects to feed to frogs and salamanders, search for wild "herps" in their trailside habitats, and more!

7/13-16	Mon-Thu
Activity # 437220B	9 am-3 pm (Completed 3rd grade & older)
Activity #437300D	Child Care

BUTTERFLIES & MOTHS

Kids love butterflies! We'll make them crazy about moths, too, through abundant indoor and outdoor activities, highlighting identification and life cycles. What did Eric Carle get wrong in The Very Hungry Caterpillar? Campers will know.

7/20-7/23	Mon-Thu
Activity #437210C	9 am-3 pm (Completed K-2nd grade)
Activity #437200C	9-11:30 am (Ages 4-6) No Child Care
Activity #437200D	12:30-3 pm (Ages 4- 6)
Activity #437300E	Child Care

FINDING & REARING CATERPILLARS

Students will learn to identify a large variety of impressive butterfly and moth caterpillars through indoor and outdoor activities; search for them on the food plants they eat, learn how to care for them in captivity, and even take one home to rear to adulthood.

7/27-7/30	Mon-Thu
Activity #437220C	9 am-3 pm (Completed 3rd grade & older)
Activity #437300F	Child Care

MICHIGAN REPTILES AND AMPHIBIANS

Here's all the indoor and outdoor hands-on fun of the July 13-16 camp, featuring lots of snakes, turtles frogs and salamanders, both indoor and out, but geared for younger campers.

8/3-8/6	Mon-Thu
Activity #437210D	9 am-3 pm (Completed K - 2nd)
Activity #437200E	9-11:30 pm (Ages 4-6) No Child Care
Activity #437200F	12:30-3 pm (Ages 4-6)
Activity #437300G	Child Care

FOREST ECOLOGY

Students will learn about Michigan forests, with a local slant, including tree, shrub and plant identification, the fascinating process of forest succession, and the wildlife that lives there. Informative indoor lessons are mixed with fun outdoor activities.

8/10-8/13	Mon-Thu
Activity #437220D	9 am-3 pm (Completed 3rd grade & older)
Activity #437300H	Child Care

GENERAL INTEREST

CREATIVE DRAMA (Ages 5-8)

This workshop will combine elements of storytelling and traditional theater games and is specifically designed for the younger child. Boarshead teaching artists and the kids will work together in the art of creative and imaginative fun. Parents/guardians are encouraged to participate. The last session will be a shared presentation of our work. Limited enrollment - advance registration is required. Instructors: Boarshead Theater staff. 5 sessions.

Activity #312707A	\$5/Res; \$10/Non-Res
4/14-5/12 Tue	4:30-5:30 pm Foster
Activity #412707A	\$5/Res; \$10/Non-Res
7/7-7/21 Tue & Thu	3:30-4:30 pm Foster

TOT TIME (Ages 5 & Under)

Open time for parents and daycare providers to bring pre-school age children to our gym to play. There is plenty of open space, balls, baskets, scooters, and more to play with. Adult must accompany child(ren). Please sign in and pay at the door; \$1 per child at the door.

4/6-6/9 Mon & Tue	10:30 am-12 pm Foster
4/7-5/28 Tue & Thu	10-11:30 am Letts
4/15-5/29 Wed & Fri	10-11:30 am Gier

GET AND KEEP A GOOD JOB (Ages 14-17)

How do you land that first job? This job search method has been proven to reduce the time required to find a job. The curriculum "A Young Person's Guide to Getting & Keeping a Good Job" will improve participants' communication skills, increase self-esteem and increase the potential for career and job success. Instructor: Sarah Gruenewald. 14 Sessions.

Activity #312787A	\$40/Res; \$45/Non-Res
4/13-5/28 Mon & Thu	6:30-7:30 pm Foster

EMERGING ENTREPRENEURS (Ages 13-17)

Learn how to run your own business! Join 4-H and the Foster Youth Advisory Board as we explore the world of entrepreneurship by planning and running the concession stand at Ranney Park! All proceeds will go to the Foster Youth Advisory Board to assist with youth programming at Foster Center. Participants will learn: Business concepts such as marketing and finance, practical application of business fundamentals, pricing, marketing and production strategies and be able to apply all of that knowledge to a real business!

Activity #312788A	Free Foster
5/5-6/9 Tues	6-8 pm

FRIDAYS FOR FAMILIES AT FOSTER

Come spend time together playing pool, air hockey, carpet ball and more. We will open our game room for families to play together; kids and adults must be engaged in activities together; maximum of 3 kids per adult.

4/3-5/22 Fri	7-8:30 pm Foster	\$2/family
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SONGWRITING FOR CHILDREN (Recommended ages 8-12)

NEW! Children are natural songwriters, and these fun and involving "Song Machine" workshops are designed to help them embrace and express their creativity. Educator and singer/songwriter Ben Hassenger (of Mystic Shake, Blue Jello) will lead the class through group song writing projects which will help foster their understanding of basic melody, harmony and rhythm aspects of music, learn about rhyming, metaphor and other creative writing skills and encourage expression of their feelings and thoughts as well as nurture teamwork and collaboration skills. Activities will include creating basic rhythm instruments, audio and video recordings and a performance on the last day of class to share their new songs with friends and family. Parents are welcome to stay, lend a hand and join in the fun! Instructor: Ben Hassenger.

Activity #450330A	\$32/Res; \$37/Non-Res
6/16-7/9 Tue & Thu	9-10 am Southside Center (Hill)

HORSE CAMP - LEVEL I DAY CAMP (Ages 5-14)

Youth will learn with miniature horses. Topics include: Horse knowledge; Barn and Horse Safety; Basic Horse Ownership and Maintenance. Upon registration, further information will be sent. This camp is located at Sierra Rose Farms, 5935 W. Cutler Road, DeWitt.

Activity #213936A	\$325/Res; \$330/Non-Res
4/6-4/10 Mon-Fri	8 am-5 pm Sierra Rose Farms
Activity #413935A	\$325/Res; \$330/Non-Res
6/15-6/19 Mon-Fri	8 am-5 pm Sierra Rose Farms
Activity #413935B	\$325/Res; \$330/Non-Res
7/13-7/17 Mon-Fri	8 am-5 pm Sierra Rose Farms
Activity #413935C	\$325/Res; \$330/Non-Res
8/10-8/14 Mon-Fri	8 am-5 pm Sierra Rose Farms

HORSE CAMP - LEVEL II DAY CAMP (Ages 5-14)

This program expands on what was experienced in the Level I Horse Camp and will include riding lessons, advanced horsemanship, learning to cart and more! Level I is a pre-requisite for the Level II program. This camp is located at Sierra Rose Farms, 5935 W. Cutler Road, DeWitt. Daily drop off time is between 7:45-8 a.m. and pick up time is 1 p.m. sharp. Thursday is an optional sleeperover for an additional fee of \$25.

Activity #413936A	\$225/Res; \$230/Non-Res
6/22-6/26 Mon-Fri	8 am-1 pm Sierra Rose Farms
Activity #413936B	\$225/Res; \$230/Non-Res
7/20-7/24 Mon-Fri	8 am-1 pm Sierra Rose Farms
Activity #413936C	\$225/Res; \$230/Non-Res
8/03-8/07 Mon-Fri	8 am-1 pm Sierra Rose Farms
Activity #413936D	\$225/Res; \$230/Non-Res
8/17-8/21 Mon-Fri	8 am-1 pm Sierra Rose Farms

HORSE CAMP - LEVEL III DAY CAMP (Ages 5-14)

Level I and II are a pre-requisite for the Level III class. Participants will spend the week preparing for a horse show where they will show off their learned skills in riding, carting and horsemanship. There will be a horse show on Friday at 2:00 p.m. for family and friends.

Activity #413938A	\$250/Res; \$255/Non-Res
7/27-7/31 Mon-Fri	8 am-1 pm Sierra Rose Farms
Activity #413938B	\$250/Res; \$255/Non-Res
8/24-8/28 Mon-Fri	8 am-1 pm Sierra Rose Farms

SATURDAY CAMP (Ages 5-14)

Each child will be assigned a miniature horse to work with to learn the basics of safety, grooming, the care of and love of a horse - all in a safe environment! This program is held at Sierra Rose Farms, 5935 W. Cutler Road, DeWitt, Michigan.

Activity #413937A	\$65/Res; \$70/Non-Res
6/13 Sat	9 am-4 pm Sierra Rose Farms
Activity #412937B	\$65/Res; \$70/Non-Res
7/11 Sat	9 am-4 pm Sierra Rose Farms
Activity #413937C	\$65/Res; \$70/Non-Res
8/8 Sat	9 am-4 pm Sierra Rose Farms
Activity #413937D	\$65/Res; \$70/Non-Res
9/26 Sat	9 am-4 pm Sierra Rose Farms
Activity #113937A	\$65/Res; \$70/Non-Res
10/3 Sat	9 am-4 pm Sierra Rose Farms

HEALING HEARTS WITH HORSES (Ages 5-Adult)

This program is for women and children who have been emotionally scared or physically abused and children with special needs. Participants will be assigned a miniature horse to work with in a safe, structured and loving environment. This program takes place at SierraRose Farms, 5953 W. Cutler Rd., DeWitt.

PROGRAM #1: Designed to provide peacefulness and healing from unfortunate life events.

Activity #313939A (Ages 5-17)	\$250/Res; \$255/Non-Res
5/11-6/15 Mon	6-7:30 pm Sierra Rose Farms
Activity #313939AA (Adults)	\$250/Res; \$375/Non-Res
5/11-6/15 Mon	6-7:30 pm Sierra Rose Farms
Activity #413939A (Ages 5-17)	\$250/Res; \$255/Non-Res
7/6-8/10 Mon	6-7:30 pm Sierra Rose Farms
Activity #413939AA (Adults)	\$250/Res; \$375/Non-Res
7/6-8/10 Mon	6-7:30 pm Sierra Rose Farms

PROGRAM #2 (Ages 3-17): Designed for the special needs child who is cognitively impaired or has Autism, Aspergers or ADHD

Activity #313939B	\$250/Res; \$255/Non-Res
5/11-6/15 Mon	6-7:30 pm Sierra Rose Farms
Activity #413939B	\$250/Res; \$255/Non-Res
7/6-8/10 Mon	6-7:30 pm Sierra Rose Farms

GENERAL INTEREST

MOM & ME HORSE WRANGLER (Ages 4-12 and Mother)

Enjoy an overnight adventure at the farm with our miniature horses, a bonfire, hayride and spending a lot of time with a horse of your own. Bring your own beverage and bedding; dinner and breakfast included. This program takes place at SierraRose Farms, 5953 W. Cutler Rd., DeWitt. Price is per individual person.

Activity #313930A \$65/Res Individ.; \$70/Non-Res Individ.

5/16-5/17 Sat-Sun 1 pm-10 am Sierra Rose Farms

Activity #413930A \$65/Res Individ.; \$70/Non-Res Individ.

8/29-8/30 Sat-Sun 1 pm-10 am Sierra Rose Farms



DESPERATE HORSEWOMEN! (Adults)

Learn how to handle and be safe and confident around horses. You will begin with the miniatures and by the time you are done you will be working with the full size horses. Activities include, but are not limited to: grooming, basic care tips, a riding lesson, moonlit stroll and relaxing by the bonfire, dinner, breakfast and wonderful fellowship. This program takes place at Sierra Rose Farms, 5953 W. Cutler Rd., DeWitt.

Activity #413940A \$115/Res; \$172/Non-Res

6/20-6/21 Sat-Sun 1 pm-10 am Sierra Rose Farms



FEAR FACTOR: HORSES (Ages 8-Adult)

Are you afraid or nervous around horses? We can help you with that! Safety is our main goal. Learn the body language of a horse and how to read it. We will teach you where to stand and be able to tell if a horse is nervous, scared or happy.

Activity #413941A (Ages 8-17) \$70/Res; \$75/Non-Res

7/6-7/27 Mon 6-7:30 pm Sierra Rose Farms

Activity #413941B (Adults) \$70/Res; \$105/Non-Res

7/6-7/27 Mon 6-7:30 pm Sierra Rose Farms



FROLIC WITH THE FOALS (Ages 10-16)

A once in a lifetime experience to give older kids the chance to stay overnight and to learn about and work with brand new miniature baby horses. Bring your own bedding and beverages; dinner and breakfast are included. This program takes place at Sierra Rose Farms, 5953 W. Cutler Rd., DeWitt.

Activity #413942A \$80/Res; \$85/Non-Res

5/2-5/3 Sat-Sun 2 pm-10 am Sierra Rose Farms

LEARN TO BE A MYSTERY SHOPPER (Adults)

Can you imagine getting paid to shop, dine and travel? Believe it or not it is possible! Mystery Shopping is perfect for anyone who would like to supplement their income and have fun doing it. Participants will learn what mystery shopping, merchandising, auditing and exit interviews are; what skills are required to become a shopper; how to apply to mystery shopping companies; how to secure assignments; and how to fill out reports. 1 session each. Instructor: Ronda Ackerson.

Activity #350180A \$16/Res; \$24/Non-Res

4/30 Thu 6:30-8 pm Rich

Activity #450180B \$16/Res; \$24/Non-Res

6/17 Wed 6:30-8 pm Foster

SIGN LANGUAGE - BEGINNING (Ages 13-Adult)

Acquire skills to communicate in sign language and finger spelling. You will be introduced to approximately 300 signs plus numbers and manual alphabet. Instructor: Sharon Johnson. 8 sessions.

Activity #350620A (Ages 13-17) \$35/Res; \$40/Non-Res

Activity #350620B (Adults) \$35/Res; \$52/Non-Res

4/16-6/4 Thu 5:30-6:30 pm Rich

YOU'RE ON THE AIR - HOW TO REALLY MAKE IT IN VOICE-OVER (Adults)

In this class you will learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business, important demo and how to have it produced. Dan Levine, a well-known commercial producer and Tony Award-nominated Broadway composer will discuss voice-over technique in a recorded portion of the class. Instructor: Heather Costa, successful voice-over artist (Playtex, Prentice Hall, ETS).

Activity #314037A \$30/Res; \$45/Non-Res

6/16 Tue 7-9 pm Letts

BAD DOG TO GOOD DOG

Using the 3-step Behavior Problem Solving Formula, we will consider various problems from jumping on people to housebreaking among others. Most dogs are sent to the shelters for behavior issues more than any other reason. Please come WITH-OUT your dog, but with lots of questions. Instructor: Sally Holliday.

Activity #314509A \$20/Res; \$30/Non-Res

5/18 Mon 6-7 pm Letts

Activity #414509A \$20/Res; \$30/Non-Res

8/25 Tue 6-7 pm Letts

AROMATHERAPY (Adults)

Aromatherapy is the use of pure essential oils for personal and environmental scent, home remedies and mood enhancement. Simply blending 2 or 3 oils not only makes a wonderful scent combination, but is healthy and useful. Note: This does not cause allergic reactions like commercial perfume. Instructor: Sally Holliday.

Activity #314551A \$20/Res; \$30/Non-Res

5/11 Mon 6-7 pm Letts

Activity #414551A \$20/Res; \$30/Non-Res

8/11 Tue 6-7 pm Letts

PALMISTRY (Adults)

The ancient art of reading the hand is all about personality and does not involve prediction. The lines of the palm can change over time, so it is interesting to see how to balance these signs of life experience. We will also compare the 2 hands to see the conscious and subconscious influences. Instructor: Sally Holliday.

Activity #314645A \$15/Res; \$23/Non-Res

6/1 Mon 6-7 pm Letts

Activity #414645A \$15/Res; \$23/Non-Res

9/15 Tue 6-7 pm Letts

STEPPIN' UP - 4-H TEEN MENTORING PROGRAM

For 7th - 11th grade teen mentors and Kindergarten - 5th grade youth mentees. Mentors will be trained in communication, character, relationship, and leadership skills. Mentors and mentees meet every Wednesdays after school for at least one hour. Activities include board games, art projects, sports, community service projects, the 4-H County Fair, cooking, educational activities, field trips (based on attendance), and more! For every month that a teen mentor completes a mentor/mentee matched relationship, he/she will receive either one movie ticket or a one month YMCA pass. Please visit Foster Community Center's main office for applications and more information. Teens must sign up by Monday, April 13th for our Mentor Training to participate in the program.

Activity #312106A Free

Ongoing Wed 3:30-6 pm Foster

NON-PROFIT WORKSHOP (Adults)

Learn what a non-profit is and what it takes to gain this status at our free, 2 hour workshop. Presented by The Dandridge Firm, PLC.

Activity # 414582A Free

8/6 Thu 6-8 pm Letts

GENERAL INTEREST



Each course runs six weeks and is in an independent learning format. We accept late enrollments, for as long as two weeks into the semester. Students don't have to be available at any specific time.

The classroom is open 24 hours per day!

Read lessons, participate in exercises, and hold live interactive discussions with instructor and fellow students in your on line classroom. Runs for 6 weeks and is self paced. Complete the lessons at your own timetable. Course requirements include intermediate PC skills. For more information visit www.gsinet.org. Be sure to include your email with registration.

- Tuesday, April 28, 2009 to June 11, 2009
- Tuesday, June 16, 2009 to July 30, 2009



COPING WITH FINANCIAL FEAR AND WORRY

Are the wheels starting to come off your emotions due to financial worries? Dealing with the fear of a layoff, or a sudden financial setback causes anxiety, stress, loss of sleep, lack of focus and concentration, and in extreme cases, even clinical depression. Fortunately, learning simple techniques can ease your suffering and help you cope. This class provides tools and insights into how to control and focus your thoughts to bring some normalcy to your life. Read lessons, participate in exercises, hold discussions with fellow students, plus receive personal coaching from the instructor.

Activity #350270EE	4/28-6/11	\$75
Activity #450270K	6/16-7/30	\$75

HOW TO START AN INTERNET BUSINESS

Fear being left behind the Internet explosion? Don't know how or where to start? Take the online step by step class that includes how to mentoring. Topics include: Identifying web businesses that do well — How to conduct market research on your idea — Adding shopping carts and secure shopping for free — Get your Web site online — Strategies on how to get others to pay you for advertising — How to bring traffic to your site — Winning the search engine game. No additional fee or purchases will be necessary to complete your project.

Activity #350270A	4/28-6/11	\$75
Activity #450270A	6/16-7/30	\$75



TEACHING ADULTS FOR FUN AND \$\$\$\$

The market is waiting for your expertise! Stop procrastinating . . . and start doing. This online class provides mentoring and step-by-step techniques and strategies for teaching adult classes. Topics include: How the industry works - How to get started - What skills you will need - How to create dynamite presentations - Identifying the hot topics - Sizing up the competition - Marketing yourself - How to establish a fee - Teaching tricks - Tax deductions - Managing the business. Read lessons, participate in exercises, and hold live interactive discussions with instructor and fellow students in your on-line classroom.

Activity #350270M	4/28-6/11	\$53
Activity #450270L	6/16-7/30	\$53

HOW TO EARN A LIVING FREELANCING

Do you fear being downsized? Millions prosper as independent contractors. How successful could you become? This online class provides mentoring and step by step techniques and strategies. Topics Include: Who hires freelancers — What skills do you need — Finding the work — The hot markets — How to market yourself — How to establish your fees — Tax deductions — How to get started — How to incorporate for under \$50! This is not a construction class!

Activity #350270N	4/28-6/11	\$75
Activity #450270N	6/16-7/30	\$75

HOW TO START A HOME BASED BUSINESS

Tired of working for someone else? Stop dreaming and start doing. This online class provides mentoring and step by step techniques and strategies for getting your business up and running quickly. It is all here. Topics include: Conducting market research Incorporating for under \$50 Licenses Filings Naming your business What an Independent Contractor is How to set prices How to promote your business Finding the money Banking, credit cards IRS and home office deductions Buying a franchise Finding small business resources.

Activity #350270G	4/28-6/11	\$75
Activity #450270G	6/16-7/30	\$75



Welcome To

The City of Lansing's

Grand River Park Municipal Marina

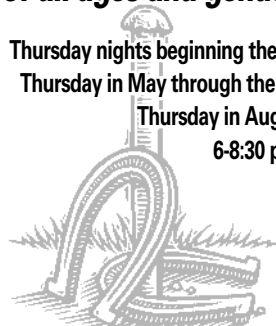
Operated by the Lansing Boat Club

The City of Lansing and the Lansing Boat Club invites you and your family to enjoy a summer of boating pleasure on the Grand River at the Grand River Park Municipal Marina. A limited number of boat slips are available for rent and for more information please phone Jeff Venn at 517.281.8965 or e-mail Ron and Marilyn Wojack at wojack@sbcglobal.net.

Horseshoe Pitching at Westside Park

A Sport for everyone, of all ages and gender!

Thursday nights beginning the 1st
Thursday in May through the 3rd
Thursday in August
6-8:30 p.m.



The Greater Lansing Area Horseshoe Club is looking for you to join us at Westside Park on Stanley St. off of Oakland Ave. We are sanctioned by the National Horseshoe Pitching Association. Everyone is a winner and receives awards and trophies.

The format we use is: "A '40' shoe, handicap count all," 4 game round robin. We pitch 16 weeks and have a banquet with awards to finish the season. All boys and girls 9 and 10 years of age pitch at 20 ft. All females 11 and older pitch at 30 ft. All males ages 11-18 yrs. pitch at 30 ft., all males, ages 18-70 yrs. pitch at 40 ft. Men 70 years and over have a choice of pitching at 30 ft. There is a Club fee of \$2 and a weekly fee of \$3 or a one time season fee of \$30 for adults (18+) only. No fees are charged for youth - all youth pitch for free! (We are also set up for handicap pitching.)

For more information call Bob at (517) 647-7140 or Paul at 694-8348 or email Bob at bodicarr@cablespeed.com.

GENERAL INTEREST

Foster Library

BABIES AND BOOKS (Ages 6-18 months)

Children and their caregivers will enjoy stories, fingerplays, and songs while interacting with each other. Limited enrollment. Advance registration is required by calling Foster Library at 485-5185. 8 sessions

4/9-5/28	Thu	10:30 am	Free
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TODDLER STORY TIME (Ages 18-36 months)

Each session consists of stories, a finger play or song, and a simple craft. The adult must stay with the child. Limited enrollment. Advance registration is required by calling Foster Library at 485-5185. 8 sessions.

4/8-5/27	Wed	9:30 am	Free
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4/8-5/27	Wed	10:30 am	Free
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PRESCHOOL STORY TIME (Ages 3-5)

Each session includes stories, songs, finger plays, and a simple craft. Limited enrollment. Advance registration is required by calling Foster Library at 485-5185. 8 sessions.

4/7-5/26	Tue	10 am	Free
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4/8-5/27	Wed	1:30 pm	Free
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PAJAMA STORY TIME

Wear your jammies and slippers to join in this pre-bedtime fun.

4/21	Tue	7-8 pm	Free
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ADULT BOOK DISCUSSION GROUPS

Meet with other readers and talk about books. Groups meet monthly on the 1st Wednesday of the month at 7 pm or the 1st Thursday of the month at 1 pm. Books are available through the library – no purchase is necessary. Call 485-5185 for title information.

TERRY WOOTEN, MICHIGAN BARD

Celebrate National Poetry month with a special appearance by Michigan's own bard. The performance will be followed by a workshop for those interested in writing poetry.

4/4	Sat	11:30 am	Free
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SUMMER READING PROGRAMS

Get Creative at the Library with reading programs for all ages. Get your reading record and begin to earn prizes.

6/5-8/8			Free
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SUMMER PERFORMERS

Join us for a summer's worth of fun programs – all free.

Michael Brown and Beethoven, Magician	
Thursday, June 11	1:30 pm

Miz Rosie, Storyteller	
Thursday, June 18	1:30 pm

The Bubbleman	
Thursday, June 25	1:30 pm

Merry Music Maker (Ages 3-7)	
Tuesday, June 30	10 am

Macrame Workshop (Ages 11 and Up)	
Thursday, July 2	1:30 pm

Puppet Adventures	
Thursday, July 9	1:30 pm

Brian Hayes & Ulysses the Frisbee Dog	
Thursday, July 16	1:30 pm

Drumming with Kevin Collins	
Thursday, July 30	1:30 pm

Acting Up Theater Company	
Thursday, August 6	1:30 pm



STEP UP TO HEALTH with Lansing Parks and Recreation

In participating in this activity, you have taken the first step towards leading a healthy and active life. Exercise is not only fun, but it can easily be incorporated into your everyday life. Listed here are activities that will keep you active and help you reach and maintain a healthy weight.



NATIONAL RECREATION AND PARK ASSOCIATION

Activity

Calories Burned Every 10 Minutes

	125 lbs	150 lbs	175 lbs	200 lbs
Gardening	41	49	57	65
Volleyball	28	34	40	45
Walking (15 minute/mile)	44	52	61	70
Walking upstairs	150	175	202	229
Basketball	77	94	106	125
Cycling (5.5 mph)	36	44	51	58
Rope Skipping (slow)	83	100	117	133
Soccer	78	94	110	125
Swimming (slow crawl)	97	116	135	154
Golf (pull/carry clubs)	48	55	64	74
Golf (power cart)	22	26	31	35
Cross Country Skiing	78	94	109	125
Fishing	38	45	53	60
Frisbee	28	33	39	44
Cleaning (light/moderate effort)	33	40	46	53

Golf Courses

Groesbeck Golf Course has been a local favorite since it opened in 1926 and has been recognized as one of the Top Ten Municipal courses in the State of Michigan. Reservations are accepted daily at Groesbeck Golf Course at 483-4333. Groesbeck is available for golf outings and leagues. For information on outings and leagues please contact the Golf Operations staff at 483-4232.

The Sycamore Creek Golf Driving Range and Learning Center will offer golf clinics and lesson opportunities for all ages. Our schedule is not set yet so please contact the Golf Operations Office or stop by the Sycamore Creek facility to get information when available. The Sycamore facility is proud to be the home of The First Tee of Mid-Michigan youth program. Information about the program is presented below.

Groesbeck Golf Course

1600 Ormond
483-4333 482-1890
Riding carts, rentals, snack bar

Sycamore Golf Driving Range and Learning Center

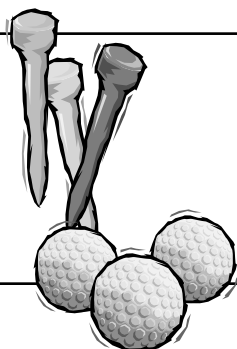
1520 E. Mt. Hope Ave
482-1890
Driving range, putting green

Again this season, Groesbeck Golf Course is excited about offering full service food and beverage service provided by the owners of the Art's Bar & Grill. Beer & wine as well as various new food items are now available at the course. We offer full service golf outing opportunities for any size groups. Call the Golf Operations Office at 483-4232 for more information.



OUR MISSION: To impact the lives of young people by providing learning facilities and educational programs that promote character development and life-enhancing values through the game of golf.

Learn to play the lifelong game of golf through The First Tee of Mid-Michigan! Learn fundamentals in technique, etiquette, and the rules of golf along with valuable Life Skills applicable to daily living. Great teacher/student ratio! Six spring clinics and two summer sessions. The clinics will be 90 minutes and the summer sessions will consist of two hours a week for six weeks at the Sycamore Learning Center and four hours at Groesbeck Golf Course. Ages for all clinics and class sessions 8-17. Cost is \$10 per clinic; \$50 per summer session.



Spring Clinics

Funtime Adventures Dome (Okemos)

3384 James Phillips Drive
March 28, April 4, April 11.
9:00 a.m. to 10:30 a.m.

Sycamore Learning Center

1526 E. Mt. Hope Rd.
May 2, May 9, May 30
10:30 a.m. to 12:00



Summer Session

Summer sessions will be at the Sycamore Learning Center, plus playing "for real" on the Groesbeck Golf Course. Clubs and range balls provided at no additional charge.

SESSION 1: Starting June 8th and ending July 18th

(#01A) Mondays 5:45 - 7:45 p.m. (#03A) Tuesdays 5:45 - 7:45 p.m.
(#02A) Tuesdays 8:15 - 10:15 a.m. (#04A) Wednesdays 5:45 - 7:45 p.m.

SESSION 2: Starting date July 20th ending date August 29th

(#01B) Mondays 5:45 - 7:45 p.m. (#03B) Tuesdays 5:45 - 7:45 p.m.
(#02B) Tuesdays 8:15 - 10:15 a.m. (#04B) Wednesdays 5:45 - 7:45 p.m.

2 Saturday "rounds" at Groesbeck Golf Course for each session!

Reserve your spot starting **March 16**. Payments by check or money order only. Registration forms available at any Lansing Parks & Recreation Community Center, Groesbeck Golf Course and after April 1 at the Sycamore Creek Golf Learning Center.

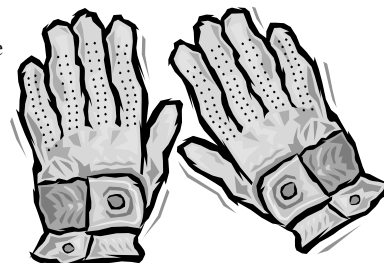


To get registered:

Mail forms: The First Tee of Mid-Michigan at P.O. Box 10032 Lansing, MI 48901 OR Drop off form and payment to Groesbeck Golf Course or Sycamore Driving Range (after April 1).

Questions? Call (517)281-7475, or come to our **Open House**, Monday, May 18th from 5:00 - 8:00 p.m., at the Sycamore Golf Learning Center for easy and quick registration. Our PGA Pro, Ron Applegate, will be available to answer any questions and provide more information.

Scholarships are available for those who qualify. Please feel free to contact the Lansing Parks and Recreation Golf Operations Office for more information (517) 483-4232.



AFTER SCHOOL AND OPEN RECREATION

AFTER SCHOOL PROGRAMS (Ages 5-11)

We have a variety of clubs, from archery to crafts, from our game room to our gym. Don't just sit at home after school, come to Foster and make new friends, learn new skills and have fun! After school bussing is available from select schools, call Foster at 483-4233 for more details.

Mon-Thu	3:30-6 pm	Foster	Free
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Letts Community Center is taking our after school program on the road.

Where are we going? We are going to Riddle Elementary School! Meet us in the computer lab for the first hour of online games and play. Then we will go to the gym for games to begin! Be where the fun is at. See you there!

M, T, Th	3:30-5:30 pm	Letts	Free
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TEEN NIGHT (Ages 13-17)

Mon & Wed	6:30-8:30 pm	Foster	Free
Mon & Wed	6:30-8:30 pm	Letts	Free

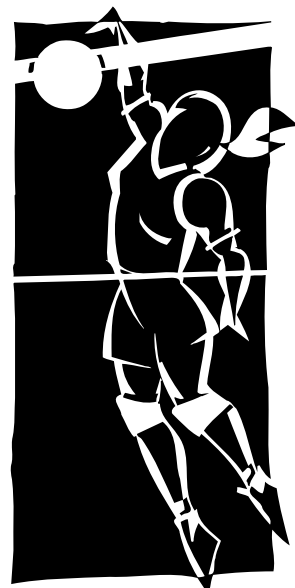
OPEN RECREATION (Ages 5-17)

Sat	12-3 pm	Foster	Free
Sat	1-4 pm	Letts	Free

CO-ED VOLLEYBALL (Adults)

Open time for adults to play recreational volleyball. Pick-up games only--no teams or children. Special events take priority--please call ahead. Limit of 18 people. 1 court available.

		\$2/at the door
4/7-6/2	Tue	7:15-8:45 pm Foster



Equipment Rentals

RECREATION EQUIPMENT RENTAL

A variety of recreation equipment is available for your picnic, reunion, birthday party or other special event. Reservation fee is due at time of reservation. A separate \$20 deposit is required and will be refunded when equipment is returned in the same condition as rented on the agreed date. The renter will be liable to cover the cost of lost or damaged equipment.

EQUIPMENT	DAILY	WEEKEND
Picnic Pack (volleyball, kickball, foam flyers, mini hurdles, jump ropes, Velcro catch mitts, foam pizzas— <i>pack may vary slightly</i>)	\$10	\$15
Tug-O-War Rope	\$10	\$15
Sports Bag (softball, basketball, Football, soccer ball, volleyball, Playground ball, dodgeball)	\$10	\$15
Party Pack (games booklet, Spongeballs, cones, parachute, Rubber animals)	\$10	\$15



CARNIVAL GAMES RENTAL

We have a variety of carnival games available for rent ranging from \$5 - \$10/day. Call 483-6019 for a list of games and prices.

INFLATABLE RENTALS

Park staff will deliver, set up, run and take down the inflatable for you. Site must be flat, grassy area – no cement or asphalt, within a half hour drive of Lansing. Lansing Parks and Recreation reserves the right to determine or reject set-up site. Inflatable must be located within 100 feet of two 20 amp, 110 volt outlets (2 outlets on different circuits). Call 517-483-4293 to check availability and to reserve either inflatable.

Obstacle Course

This inflatable is a 56-foot obstacle course! Two people race through a tunnel, weave and dive through obstacles, then climb a rock wall and finish with a slide. This inflatable is 56'L x 12'W x 16'H



	Resident Use Within City Limits	Non-Resident Use or Resident Use Outside City Limits
Two hour rental	\$250	\$375
Additional Hours	\$75/each	\$100/each

Climbing Wall

This inflatable is a 28-foot tall climbing wall! Complete with harnesses and climbing holds, this is a great wall to climb. Two people can climb at one time.

	Resident Use Within City Limits	Non-Resident Use or Resident Use Outside City Limits
Two hour rental	\$350	\$525
Additional Hours	\$100/each	\$150/each

Moonwalk

This Sports Themed inflatable has a bouncing area, a climbing challenge and a slide! The moonwalk is 16'x20'x12'.

	Resident Use Within City Limits	Non-Resident Use or Resident Use Outside City Limits
Two hour rental	\$150	\$225
Additional Hours	\$50/each	\$75/each

Non-staff option for the Moonwalk! Got a truck? Come pick the moonwalk up!

	Resident	Non-Resident
6-8 hours of use	\$175	\$260
24 hour use	\$225	\$340

Summer Programs

Lansing Parks & Recreation Summer Job Interviews



No stuffy job interviews - show us why we should hire you in a hands-on setting! We will be screening applicants ages 18 and up for Summer Playgrounds, Community Centers and Teen Recreation. Come dressed to play because you will be participating in group games, arts and crafts and more while a team of professionals review and evaluate your skills! Interviews will be held Saturday, March 28, April 4 or April 18, 1-4 pm at Letts Community Center. Space is limited; please call 517-483-6019 to reserve your time today! Also hiring Lifeguards and Swim Instructors. Call 483-4290.

VolunTEEN (Ages 13-17)

Work on your job skills and have fun this summer by volunteering at our Summer Playground Programs as a Counselor in Training. We will train you during the week of June 8 at Gier Community Center, Monday-Wednesday from 9:00 am to 4:00 pm, and at Foster Community Center on Thursday from 9:00 am to 4:00 pm. You will be assigned to a playground site where you will assist our activity leaders with every day activities along with all of our field trips. All this volunteer experience will help you develop essential job skills that will help land you that first job! Also, as a thank you for all the hard work you are doing, we have planned a special trip to Sleepy Hollow State Park on July 30th! You must be an active VolunTeen to attend. Two VolunTeen Positions available at each site.

6/9 - 8/8 Activity #	Varies Monday-Thursday	\$20/Res; \$25/Non-Res Time: 9:30 am-3 pm
433422A	Attwood School	
433422B	Averill School	
433422C	Bingham School	
433422D	Cavanaugh School	
433422E	Cumberland School	
433422F	Lewton School	
433422G	Elmhurst School	
433422H	North School	
433422I	Post Oak School	
433422J	Wainwright School	
433422L	Willow School	
433422M	Baker Donora Park	
433422O	Cristo Rey (Meets at Grand River School)	
433422P	Georgetown Park	
433422Q	Foster	
433422R	Letts	
433422S	Gier	

Kids Camp Programs

(Ages 5-12)

We offer 18 free drop in playground programs throughout the Lansing area! The Summer Playgrounds offer youth an opportunity to socialize and stay active in a positive and safe environment. This program offers you games, crafts and a summer you will never forget!

PLAYGROUNDS

The summer playground sites are tentatively scheduled. Please call 483-4233 to confirm information in early June.

6/15 - 8/7 Monday - Thursday Friday	Time: 9:30 am-3 pm 9:30 am - 12 noon
Attwood School	Elmhurst School
Averill School	Georgetown Park
Baker Donora Park	Lewton School
Bingham School	North School
Cavanaugh School	Post Oak School
Cristo Rey	Wainwright School
(Meets at Grand River School)	Willow School
Cumberland School	

COMMUNITY CENTERS (Ages 5-12)

6/15-8/7 M-Th	10 am-3:30 pm	Foster, Letts, Gier	Free
6/15-8/7 F	10 am-12:30 pm	Foster, Letts, Gier	Free

PLAYGROUND AND KIDS CAMP FIELD TRIPS

June 24	Hershey Track & Field Meet
July 7-9	MSU Crew Camp
July 15	TBA
July 21, 23, 28, Aug 4	Sleepy Hollow - date varies by location
July 22	Games Day
July 21-25	MSU Crew Camp
July 29	Lugnuts Trip
August 5	Hawk Island

TEEN NIGHTS (Ages 13-17)

6/16-8/6 T,W,Th	6-8:30 pm	Foster	Free
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HERSHEY TRACK AND FIELD MEET

Wednesday, June 24 • Time 10AM

Sexton High School

Hershey Track & Field is a track meet for youth ages 9-14, and is geared to all youth - no experience needed! Age is determined as of Dec. 31, 2009. Our goal is to introduce youth to the sport of track and field in a fun and positive environment. The overall winner in each age division will advance to a state-wide-competition in July. Registration is required - sign up at any of the Playground sites or Community Centers. For more information, please call 483-4293.

Family Fun Day at Sleepy Hollow State Park

Pack up the family for a fun filled day at Sleepy Hollow. Help the DNR State Parks celebrate their 90th anniversary and celebrate Father's Day at the same time! Various activities will be set up around the park including a Father/Child fishing derby. A hot dog lunch will be included in the trip. Buses will pick up at all three Centers, must pre-register to attend.

Activity #338812A 6/20 Sat	10 am-4:30 pm	Free Foster
Activity #338812B 6/20 Sat	10 am-4:30 pm	Free Letts
Activity #338812C 6/20 Sat	10 am-4:30 pm	Free Gier

Teen Sleepy Hollow Trip

(Ages 13-17)

Teens! Join us for a night of nature at Sleepy Hollow State Park! We will fish, hike, swim, make s'mores and more! You don't want to miss this chance to explore the world outside of Lansing.

Activity #433401B 7/16 Thu	4pm	Foster, Letts, Gier	Free
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Cool Campers

(Ages 7-10)

Join our adventure team as we discover the basics of camping and fun outdoor activities that are great for a backyard adventure. Learn how to construct a tarp tent, make a backpack out of jeans, cook up some s'mores and much more. Great ideas for camp outings or just to keep kids busy on a rainy day! 2 sessions.

Activity #313522A 5/2 & 5/9 Sat	12-2 pm	\$12/Res; \$17/Non-Res Gier
Activity #413522A 7/7 & 7/14 Tue	6-8 pm	\$12/Res; \$17/Non-Res Gier

Teen Camp Out (Ages 13-17)

Do you know how to camp under the stars? Gander Mountain and the DNR will teach you the ropes and then put you to the test. We will have one night of class and then head out Wednesday, August 19 for an overnight at Sleepy Hollow State Park. Camping gear can be provided if needed. Must pre-register to attend.

Activity #438813A 8/17 Mon	6pm	Free Foster
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& Camping

Aviation Camp

AUGUST 3-7

For youth ages 9-17

\$95/Resident*; \$100/Non-Resident

Held at the Lansing Community College
Aviation Training Facility

Come fly with us!

Lansing Parks and Recreation, Lansing Community College and its Aviation Center, MDOT and Lansing Dewitt Sunrise Rotary Club are partnering again to offer the 9th Aviation Youth Camp, August 3-7, 2009

The LCC Aviation Center will provide their facility and training aides to introduce participants to the vocational fields of commercial pilot, maintenance and avionics technician. Technically qualified volunteers from participating organizations will instruct and mentor the students with the goal of providing them with a hands-on introductory experience in the three career fields. As part of the camp, students will have an opportunity to fly along with a flight instructor (weather permitting).

August 3-7 will be dedicated to the three career tracks. On August 7 we will provide a rich background in aviation history by visiting the expanded Kalamazoo Air Zoo and Museum in Kalamazoo, Michigan.

Since this camp is designed as an introduction to aviation, first time attendees will be given priority when registering. All past participants will be placed on a waiting list and contacted to enroll in late July if space is available.

Ages 9-11, Activity #450900A:

Monday–Thursday, 9:00 a.m. – 12 noon

Ages 12-17, Activity #450900B:

Monday–Thursday, 1:00 p.m. – 4:00 p.m.

Friday, All-Camp Field Trip, 8:15 a.m. – 5:00 p.m.

* Scholarships are available to Lansing residents who qualify.

For information or to register contact

Lansing Parks and Recreation at 483-4277

Annual Youth Talent Show

(Ages 7-18)

Attention dancers, singers, musicians, rappers, magicians and more! Interested in showcasing your talent? Join us for an evening of entertainment. Competition in two ages divisions; ages 7-12 and ages 13-18. Auditions will be scheduled for each performance. For more information, please call 483 4311.

Activity #414802C

6/25 Thu 6 8:30 pm Free Letts

Southside Summer Camps

Join us for eight weeks of summer fun! Make crafts, play games all centered on a weekly theme! There will be daily swimming, weekly field trips and so much more! Children are grouped by age to assure age-appropriate fun. Make this a summer you won't forget and join us at our newest Community Center! All camps run Monday – Thursday 10am – 3:30pm and Fridays 10am – 12 pm. Breakfast and lunch are included.

\$25/Residents; \$30/Non-Residents per week.

CAMP GROUPS

Chuckie Puppies
(Ages 5-6)
Activity #433425

Rockin' Rhinos
(Ages 7-8)
Activity #433427

Zany Pickles
(Ages 9-10)
Activity #433428

Slick Lizards
(Ages 11-12)
Activity #433429

WEEK 1 6/15-6/19

SECTION A

Super Sleuths

Solve mysteries, decode messages and discover secrets! We will explore the great art of detection while discovering new friends!

WEEK 2 6/22-6/26

SECTION B

Get Your Head in the Game

Play games that challenge the mind and the body! Teamwork and sports skills will be the focus this week at camp. Ages 9 and up will participate in Hershey Track and Field at Sexton High School.

WEEK 3 6/29-7/2 (NO CAMP 7/3)

SECTION C

Holiday Hullabaloo

Celebrate many of the year's holidays in one week. Have fun celebrating both common and uncommon holidays. No camp Friday July 3.

WEEK 4 7/6-7/10

SECTION D

Creature Feature

They crawl, they swim, they soar, they roar-learn about insects, fish, birds and mammals that belong to the wild and crazy animal kingdom.

WEEK 5 7/13-7/17

SECTION E

Time Travelers

Travel back through the ages to see when sock hops were cool, when everyone wore tie-dye, and feeling groovy was the way to be. Then, jump forward and predict what the future will look like! All camps will take a trip to Edru Roller Rink.

WEEK 6 7/20-7/24

SECTION F

Mad Science

Discover your inner scientist! Find the magic behind everyday occurrences, create your own creative concoctions and explore how science affects your life! All camps will take a trip to Moores Park for a city wide Games Day.

WEEK 7 7/27-7/31

SECTION G

Go Green

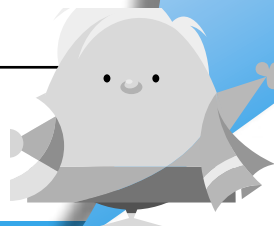
Explore how to make our world greener and cleaner this week. Talk about recycling, make crafts from reusable items. Learn to appreciate nature and do what you can to preserve it! All camps will take a trip to a Lansing Lugnuts Game.

WEEK 8 8/3-8/7

SECTION H

Strut your Stuff

Lights! Camera! Action! You get the leading role and a chance to show off what makes you a super star! Perform in Lansing Idol, participate in a fashion show and more! All camps will take a trip to Hawk Island Park.



**For more
camps, see
pages 29-32.**

Special Events

"A Rose for Mom" Essay Contest (Grades 1-5)

Tell us in 50 words or less, why your mom is the greatest in the world. Entries are due no later than Friday, April 24 by 5pm. The winners will be contacted the week of May 4. We will deliver a beautiful rose and winning essay to each mother of the winners of each division. Call 483-4233 for an entry blank and contest rules.

Underwater Easter Egg Hunt (Ages 5-12)

The Easter Bunny has delivered eggs to the pool and we need your help to pick them out! Bring your bathing suit and towel and be ready to hunt for eggs with your friends and family. There will be prizes, snacks, and even a family friendly movie showing. Watch while in the pool with your friends.

Activity #338810A	4/3	Fri	6-8:30 pm	Gardner	\$5/child
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Flashlight Easter Egg Hunt (Ages 4-10)

Are you tired of the same Easter events year after year? If so, try this event for a challenge. When the sun goes down, the fun begins! Plenty of prizes and games! Each participant needs to bring a flashlight (size limited to 2 "D" cell batteries). Wear appropriate clothing for the weather.

Activity #338800X	4/8	Wed	7:30-8:30 pm	Gier Softball Fields	\$5/per person
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Brunch with the Easter Bunny (Ages 4-10 and Parents)

Join the Easter Bunny for brunch, a craft project to take home, games and an Easter egg hunt with special prizes. Children will be divided into age groups for the egg hunt. Parents must accompany their child(ren) to this event. All children and parents must be registered with payment by Wednesday, April 1.

Activity #213940A (Ages 4-10)	4/4	Sat	10 am -12 pm	Gier	\$5/per person
Activity #213940B (Parent)					



Lansing Parks and Recreation is joining with the Michigan Recreation and Park Association to be part of Walk Michigan. Walk Michigan is a fun and pleasurable walking program. It offers people an outstanding opportunity to walk and exercise simply for the pleasure, satisfaction, and gratification of spending quality time in one of Lansing's local parks. From toddlers to seniors, everyone can Walk Michigan!

**Wednesdays April 29, May 6, 13
12:15 - 12:45 p.m. at City Hall**

Join us at City Hall to walk during the lunch hour and get ready for the State Kickoff Celebration Walk on Wednesday, May 20, 2009 on the State Capitol lawn. Participants will improve fitness and overall well-being and qualify to win the trip for two to Mackinac Island for the Labor Day Bridge Walk.

SPRING BREAK Spring Break Trip Camp (Ages 6-15)

What are you doing for Spring Break? How about touring some of Michigan's hottest spots! We will be heading to Novi for Whirlyball (a combination of bumper cars and lacrosse), to Farmington's Zap Zone, for laser tag, glow golf and go carts, to Detroit to explore their Science Center and to Grand Rapids to putt, putt, ride go carts and a ropes course at Craigs Cruisers. Meals are included on every trip. Trips will begin and end at Foster Community Center. Sign up for all four for a \$30 discount.

Activity #312204A	4/6	Mon	9 am-5 pm	Whirlyball	*\$40/Res; \$45/Non-Res
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Activity #312204B	4/7	Tues	9 am-5 pm	Farmington Zap Zone	\$40/Res; \$45/Non-Res
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Activity #312204C	4/8	Wed	9 am-5 pm	Detroit Science Center	\$40/Res; \$45/Non-Res
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Activity #312204D	4/9	Thu	9 am-5 pm	Craigs Cruisers	\$40/Res; \$45/Non-Res
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Activity #312204E	4/6-4/9	Mon-Thu	9 am-5 pm	All four	\$130/Res; \$150/Non-Res
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• Sign up for all four trips and receive a \$30 discount!
*Must be at least 5'4" tall to participate

Hang out at Gier & Letts Community Center during spring break and try something new!

April 6-10 • 12:30 - 4:30pm Monday-Friday

- Sports - Climbing Wall (Gier Only), Floor Hockey, Basketball-different sport everyday
- Creative crafts and cooking - Monday, Wednesday, Friday
- Game room tournaments - Everyday
- And don't forget about the Karaoke Pizza Party at Letts on Wednesday, April 8th.

**Spring Break for Teens (Ages 12-17)
Monday & Wednesday 6:30-8:30 pm**

- 4/6 3-on-3 Half Court Basketball Mayhem
- 4/8 Chill Zone Movie (Title avail. 4/6)



Saturday, June 6, 2009

Walk Begins at 9:00 a.m. • Registration at 8:30 a.m.

Join Mayor Bernero on a 3.2 mile walk that starts at Potter Park Zoo and ends at the Turner Dodge House. The first 1000 walkers receive giveaways! Registration begins at 8:30 a.m. Walk begins at 9:00 a.m. at the Potter Park Zoo and ends at the Turner Dodge House. There is free shuttle service, courtesy of Dean Transportation, available to take you back to the zoo.

Enjoy the River Trail while getting fit, and get the following FREE:

- Giveaways
- Fun stations along the way
- Certificates for each walker
- Free refreshments (at the Turner Dodge House)
- Entry for Walk Michigan drawing



Family Movie Night

The Gier gym has become a temporary movie theater. Bring a lawn chair, pillows, and blankets and enjoy a larger than life movie. Free popcorn and free raffle prizes are all part of the evening entertainment.

4/3	Fri	6:30-8:30 pm	Gier	Free
5/1	Fri	6:30-8:30 pm	Gier	Free

Kids Triathlon (Ages 14 and Under)

Join us for this fun, exciting event to celebrate healthy and active lifestyles!

Age	Run	Bike	Swim
0-6	50 yds	50 yds	25 yds
7-10	.6 miles (1K)	2 miles	75 yds
11-14	1.2 miles (2K)	4 miles	150 yds

The run course will be on Sexton's track, the bike course will be a loop on the Sexton campus and the swim will take place in the Sexton Pool. Fee includes the race, a t-shirt, activities and snacks.

Activity #333327A (Ages 0-6)	
Activity #333327B (Ages 7-10)	
Activity #333327C (Ages 11-14)	
5/2 Sat 9 am	Sexton High School \$15/child

The Amazing Race - Dashing through the Decades (Ages 10-Adult)

Grab your hula-hoops, platform shoes and leg warmers and join us for an Amazing Race with a "twist". Teams of 4-6 players will be asked to dress in garb from their favorite decade, give themselves a groovy name and join us for a day of clues, challenges, and Saturday Night Fever. Participants must be at least 10 years of age. Meal will be provided at the end of the race. Please plan ahead to drive and be active. This is a great family, or co-worker team-building event.

FAMILY TEAM			
Activity #338811A			\$50/Team
5/16 Sat	2-6 pm	Francis Park Pavilion	
ADULT TEAM			
Activity #338811B			\$50/Team
5/16 Sat	2-6 pm	Francis Park Pavilion	

Capital Area Humane Society Pet Fair

Professional educators and veterinary professionals visit Letts Community Center to provide no cost veterinary services such as; examinations, vaccinations, flea treatment and de-worming to cats and dogs. Our team will also set up appointments for free spay and neuter in our onsite clinic. Free dog collars; leashes, pet food and other basic pet care items will be available.

4/30	Thu	4-7 pm	Letts
Free			



Fourth of July Parade Saturday, July 4th - 11:00 a.m. Downtown Lansing

Everyone loves a parade! Celebrate the holiday with clowns, antique and specialty automobiles, musicians, dance troops, community groups, and military units. Patriotic individuals interested in participating in the parade have until Friday, June 26 to submit entries. For parade application or more information, please call Lansing Parks and Recreation, Gier Center at 483-4313 or visit www.cityoflansingmi.com to print a parade application.

The Great Urban Overnight Camp (All Ages/Families)

Looking for a family fun night in your backyard? Bring a tent and the rest of your camping gear and head to the urban camping night. Have fun with family games, climbing wall, geo-caching, archery and a campfire. Learn more about fire prevention and safety, and watch the K-9 unit in action. Dinner, S'mores and breakfast on us. Feel free to bring your own snacks. No alcohol.

Activity #441510D	\$20/Res Fam. of 4; \$25/Non-Res Fam. of 4
	\$25/Res Fam. of 4+; \$30/Non-Res Fam. of 4+
8/7-8/8	Fri-Sat 3 pm-10:30 am Gier Ball Fields

SENIOR GO-GETTERS

Programs for persons age 50 & over

Our program offers comprehensive and diverse services and activities for Lansing area adults over the age of 50. Included are health services, crafts, recreation and many special events. The program meets 10:00 a.m. – 2:00 p.m. Monday - Friday at Letts and Miller Rd. Centers. In addition, Miller Center offers evening programs, dances and events.

Tri-County Office on Aging nutritional meals are served at 12 noon, Monday - Friday

at Letts and Monday, Tuesday, Thursday, and Friday at 11:45 a.m. at Miller. A \$2.00 donation is requested for persons age 60 and older; a \$4.00 donation is requested for persons under age 60.

Transportation arrangements can be made through Spec-Tran by calling 394-6230. You'll receive a token for your return ride home if you order a meal.

PROGRAM LOCATIONS: Letts Community Center, 1220 W. Kalamazoo – 483-4311 • Miller Road Center, 6025 Curry Lane (off Miller) – 394-5421

WEDNESDAY EVENINGS AT MILLER ROAD

Join us for an evening of fun, games and fellowship from 6-9 p.m. The program is free; donations are accepted for refreshments.

FUN, FRIENDS & FELLOWSHIP... A NIGHT OF MUSIC JAMS

Join us the 2nd Saturday evening of each month from 7 to 10 p.m. at Miller Road Center. Bring your musical instrument, singing voice or just relax to a night of musical enjoyment. The program is free; donations are accepted for refreshments. No Meeting in April.

DANCE THE NIGHT AWAY

Dance the night away the 1st Thursday of each month (April 2, May 7, June 4, September 3) at Miller Road from 7 to 10 p.m. The program is free; donations are accepted for refreshments.

GUEST SPEAKERS AND PRESENTATIONS

Representatives from various organizations will present information on everything from health issues to financial situations, arts and crafts to specific era topics. Please contact Letts Center at 483-4311 or Miller Road Center at 394-5421 for a complete listing of topics, dates and times.

WALKING FOR THE HEALTH OF IT (Ages 50+)

See details on pg. 26.

BRIDGE PLAYERS LEARNING SESSION

Join Doc Den for an introduction on How to play Bridge.

4/23	Thu	10:30-11:10 am	Miller	Free
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BIRTHDAY CELEBRATIONS

Each month we will celebrate your Birthday. We will provide Cake and Ice Cream along with a "Happy Birthday" song for you. Dates are 4/8, 5/19, 6/23.

HOT POCKETS POOL TOURNAMENT

All pool players are welcome and encouraged to join us for a great time. Check-in will be at 9:30 a.m. and the tournament will begin at 10 a.m. Refreshments will be provided. Tri-County Office on Aging lunch will be served at Noon. Lunch is available for a \$2 donation for ages 60 and over and \$5 cost for ages 59 and under. First, second and third place prizes will be awarded. Please call 483-4311 to register for the tournament and to reserve lunch. Registration deadline is April 13th at 2 p.m.

Activity #315561A				Free
4/20	Mon	10 am-1:30 pm		Letts

MOTHER'S DAY CELEBRATION

This Mother's Day join for a day of fun, refreshments and entertainment. Lunch will be provided by Tri-County Office on Aging and is included in the registration fee. Please call 483-4311 to register and reserve lunch.

Activity #315820A				\$5
5/7	Thu	10 am-1:30 pm		Letts

THANKSGIVING IN JULY

Yes, it is July and we will be feasting on a Thanksgiving Meal. Join us as we share in turkey, mashed potatoes and gravy, green beans, cranberry sauce, and sweet potato crisp. Please call 394-5421 to reserve your meal. Deadline to request a meal is July 21st at.

7/29	Wed	10:30 am-1:30 pm	Miller	\$5
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FATHER'S DAY TALENT SHOW CELEBRATION

We are calling all Fathers who have an ear for talent to celebrate with us and share your talent. Prizes will be awarded for 1st, 2nd, 3rd talented fathers. Please call 394-5421 or 483-4311 to reserve your meal - which includes grilled hot dogs, baked beans, potatoes salad, punch and a special cake with ice cream. Lunch is included in price.

6/18	Thu	10 am-1:30 pm	Miller	\$5
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Special Events

SENIOR PICNIC

An afternoon cookout of hotdogs, hamburgers, coleslaw, baked beans and desert and entertainment that will make you want to get up and dance. Raffle prizes for the most creative sun glasses and most creative hat will be given. Activities available include horseshoes, cricket, and basketball and of course you can stroll through the rose garden. Lunch is included in the cost of the picnic.

Activity #415930A				\$7
8/21	Fri	11 am-2 pm	Francis Park Pavilion	

ICE CREAM SOCIAL

We will spring into something cool at Miller Road with ice cream sodas, including your favorite toppings or a root beer float. We will also welcome your ideas on programs you would like Miller Road Center to provide for seniors in the community. Tri County Office on Aging meals served daily. The cost is a \$2.00 donation for ages 60+ and \$5.00 for ages 59 and under.

8/25	Wed	10:30 am-1:30 pm	Miller	
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SWING INTO SPRING - RUMMAGE SALE

This is your opportunity to buy merchandise, clothing and collectibles. Each 8 foot table will have 2 chairs. Tri County Office on Aging meals served daily. The meal is a \$2.00 donation for ages 60+ and \$5.00 for ages 59 and under. Please call Letts Community Center at 483-4311 to purchase your tables and reserve a lunch. Maximum of 2 tables may be purchased. Lunch is not included in the cost of the table.

Activity #315622A				\$6 per table
5/22	Fri	10 am-2 pm		Letts

Activity #415622B				\$6 per table
7/31	Fri	10 am - 2 pm		Miller

EASTER BASKET DECORATING

Bring your basket and decorate cookies and eggs for Easter. We will provide the cookies, frosting, eggs and coloring and basket decorations. Tri County Office on Aging meals served daily. The cost is a \$2.00 donation for ages 60+ and \$5.00 for ages 59 and under. Please call 394-5421 to reserve a lunch and let us know if you will be decorating with us.

4/9	Thu	10:30-11:30 am	Miller	Free
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A BLUE KIND OF DAY GREET AND MEET

Things will only get better for everyone who wears Blue! We are planning to have Blue ice cream for you to enjoy. Wear Blue is the Clue for this greet and meet day. Tri County Office on Aging lunch will be served for a \$2 donation ages 60+ and a cost of \$5 for ages 59 and under.

6/4	Thu	10:30 am-1:30 pm	Miller Rd	Free
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City of Lansing, Waste Reduction Services

Sign Up Today For Convenient Curbside Services:



Recycling – curbside and drop off recycling available

Trash – choose bags or carts – sizes available to suit the needs of any size household

Yard Waste – 2009 seasonal collection begins the week of April 6th

Bulky items – pick up of large items such as appliances and furniture available



Spring Activities & Events

Recycled Art Show & Fashion Show

Date: April 2-17, 2009

Location: City Hall Lobby

Local artists will display their works of art, made all or partially from recycled materials.

Regional Book & Textile Recycling Collection

Date: Saturday, April 4, 2009

Time: 8am - noon

Location: Ingham County Road Commission, 5613 S. Aurelius Rd. (between Jolly and Miller)

ITEMS ACCEPTED: All hard cover books, paperback books, magazines, telephone books and boxboard (cereal boxes, shoe boxes, etc.) & clothing/ textiles (no need to be in wearable or usable condition.)

Document Destruction Day

Date: Saturday, April 18, 2009

Time: 8am-noon

Location: Friedland Industries, 405 E. Maple St. in Lansing's Old Town

Recycle bank statements, billing statements and other confidential documents. Document destruction guaranteed. Contact the Old Town Commercial Association office at 485-4283 for additional information.

Earth Day Celebration at City Hall

Date: Wednesday, April 22, 2009

Time: 9am-3pm

Location: Lansing City Hall, 124 W. Michigan Ave

Mayor Virg Bernero and the Greater Lansing Go Green! Initiative are proud to announce the second annual Greater Lansing Earth Day Celebration at Lansing City Hall.

Master Composter Class

Dates: Tuesday, April 28th through May 26th. (weekly class)

Time: 6:30 – 8pm

Location: Fenner Nature Center

Cost: \$15.00

To register: Call the Ingham County MSU Extension Office at 676-7207.

Regional Household Electronics Collection

Date: Saturday, May 2, 2009

Time: 8:00 - noon

Location: Lansing Recycling Transfer Station, 601 E. South St. (Directions from S. Washington: Turn East on South St., just North of the RR tracks. The Transfer Station is at the corner of South and Beech streets.

Visit www.lansingrecycles.com for a complete list of accepted items and fees

Questions?

Hotline: 483-4400 **Email:** recycle@lansingmi.gov

Web: www.lansingrecycles.com

Martial Arts

KARATE (Ages 5-Adult)

A family activity or study opportunity for any individual; taught on an individual basis to build self-confidence and teach stress management, composure and self defense through the art of Sanchin-Ryu. Instructor: Sanchsin Systems. 10 sessions.

JR. KARATE (Ages 5-13)

Activity #312775A	\$20/Res; \$25/Non-Res
4/7-6/9 Tue 6-7 pm Foster	
Activity #412775A	\$20/Res; \$25/Non-Res
7/7-9/8 Tue 6-7 pm Foster	
Activity #313113A	\$20/Res; \$25/Non-Res
4/15-6/17 Wed 6-7 pm Gier	
Activity #413113A	\$20/Res; \$25/Non-Res
6/24-8/26 Wed 6-7 pm Gier	
Activity #314110D	\$20/Res; \$25/Non-Res
4/2-6/4 Thu 6-7 pm Letts	
Activity #414110D	\$20/Res; \$25/Non-Res
7/9-9/10 Thu 6-7 pm Letts	

INDIVIDUAL KARATE (Ages 5-17)

Activity #312777A	\$35/Res; \$40/Non-Res
4/7-6/9 Tue 7-8:45 pm Foster	
Activity #412777A	\$35/Res; \$40/Non-Res
7/7-9/8 Tue 7-8:45 pm Foster	
Activity #313115A	\$35/Res; \$40/Non-Res
4/15-6/17 Wed 6-7 pm Gier	
Activity #413115A	\$35/Res; \$40/Non-Res
6/24-8/26 Wed 6-7 pm Gier	
Activity #314110C	\$35/Res; \$40/Non-Res
4/2-6/4 Thu 7-8:45 pm Letts	
Activity #414110C	\$35/Res; \$40/Non-Res
7/9-9/10 Thu 7-8:45 pm Letts	

INDIVIDUAL KARATE (Adults)

Activity #312777B	\$35/Res; \$53/Non-Res
4/7-6/9 Tue 7-8:45 pm Foster	
Activity #412777B	\$35/Res; \$53/Non-Res
7/7-9/8 Tue 7-8:45 pm Foster	
Activity #313115B (Adults)	\$35/Res; \$53/Non-Res
4/15-6/17 Wed 7-8:45 pm Gier	
Activity #413115B (Adults)	\$35/Res; \$53/Non-Res
6/24-8/26 Wed 7-8:45 pm Gier	
Activity #314110B	\$35/Res; \$53/Non-Res
4/2-6/4 Thu 7-8:45 pm Letts	
Activity #414110B	\$35/Res; \$53/Non-Res
7/9-9/10 Thu 7-8:45 pm Letts	

KARATE FOR THE FAMILY (All Ages - 5 & under must be accompanied by a parent/guardian)

Activity #312776A	Per family: \$70/Res; \$75/Non-Res
4/7-6/9 Tue 7-8:45 pm Foster	
Activity #412776A	Per family: \$70/Res; \$75/Non-Res
7/7-9/8 Tue 7-8:45 pm Foster	
Activity #313114A	Per family: \$70/Res; \$75/Non-Res
4/15-6/17 Wed 7-8:45 pm Gier	
Activity #413114A	Per family: \$70/Res; \$75/Non-Res
6/24-8/26 Wed 7-8:45 pm Gier	
Activity #314110A	Per family: \$70/Res; \$75/Non-Res
4/2-6/4 Thu 7-8:45 pm Letts	
Activity #414110A	Per family: \$70/Res; \$75/Non-Res
7/9-9/10 Thu 7-8:45 pm Letts	

TAEKWONDO (Ages 7-17)

Enjoy the benefits of the Korean form of martial arts and traditional values. Learn basic blocking, kicking, and punching techniques along with appropriate forms and the responsibilities that apply to these techniques. Organization membership and uniforms are optional but not included in class fee. Instructor: Sr. Master Sidney Singer. 10 sessions. No class 4/30, 5/28, 6/25, 7/30, 8/20. ** 50% discount on fees for each additional immediate family member (sibling) **

Beginning & white belt students

Activity # 312779A	\$25/Res; \$30/Non-Res
4/13-5/18 Mon/Thu 6:45-7:45 pm	

Advance students (yellow belt thru black belt)

Activity # 312779B	\$50/Res; \$55/Non-Res
4/13-5/18 Mon/Thu 6:45-8:45 pm	

Beginning & white belt students

Activity # 312779C	\$25/Res; \$30/Non-Res
5/21-6/30 Tue/Thu 6:45-7:45 pm	

Advance students (yellow belt thru black belt)

Activity # 312779D	\$50/Res; \$55/Non-Res
5/21-6/30 Tue/Thu 6:45-8:45 pm	

Beginning & white belt students

Activity # 412779A	\$25/Res; \$30/Non-Res
7/2-8/6 Tue /Thu 6:45-7:45 pm	

Advance students (yellow belt thru black belt)

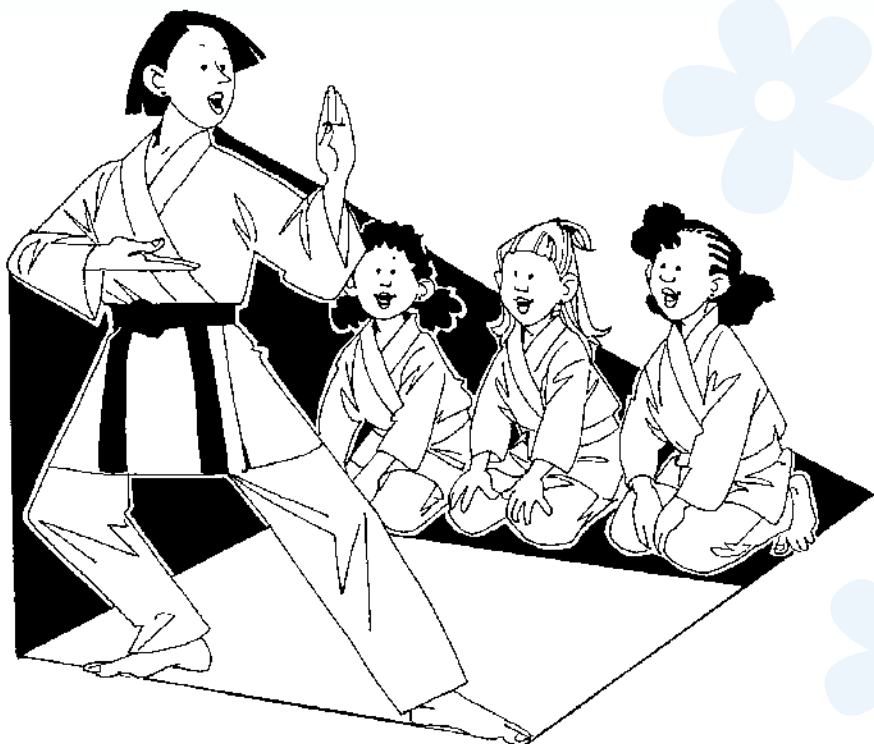
Activity # 412779B	\$50/Res; \$55/Non-Res
7/2-8/6 Tue /Thu 6:45-8:45 pm	

Beginning & white belt students

Activity # 412779C	\$25/Res; \$30/Non-Res
8/11-9/15 Tue /Thu 6:45-7:45 pm	

Advance students (yellow belt thru black belt)

Activity # 412779D	\$50/Res; \$55/Non-Res
8/11-9/15 Tue /Thu 6:45-8:45 pm	



Activities are subject to change due to circumstances beyond our control. Please contact the Parks and Recreation Department at 483-4277 or check the website for updates at <http://www.lansingmi.gov/parks>

SPORTS, FITNESS AND WELLNESS

BASKETBALL UNIVERSITY (Grades 1st-4th)

Basketball University was established in 2006 to provide quality basketball programs and events for male and female youth basketball players, grades 1st-4th. Our programs include basketball tournaments, camps, clinics and training. Our mission is to assist Community Youth Basketball Organizations by providing a broad range of basketball experiences for player development. The concentration of our training centers on 5 components, Productive Basketball Skill Training-(ASQ) Speed, Agility, and Quickness Training-Instinctive Play-Mental Preparation-Physical Conditioning. Our goal is to enable players at various levels, to perform with greater confidence and effectiveness, by arming them with a advance knowledge of fundamentals and instructional training.

(1st & 2nd Grade)

Activity #314290A	\$35/Res; \$40/Non-Res
3/13-4/3 Fri	6-7 pm Letts

(3rd & 4th Grade)

Activity #314290B	\$35/Res; \$40/Non-Res
3/13-4/3 Fri	7-8 pm Letts

(1st & 2nd Grade)

Activity #314290C	\$35/Res; \$40/Non-Res
4/17-5/8 Fri	6-7 pm Letts

(3rd & 4th Grade)

Activity #314290D	\$35/Res; \$40/Non-Res
4/17-5/8 Fri	7-8 pm Letts

(1st & 2nd Grade)

Activity #314290E	\$35/Res; \$40/Non-Res
5/15-6/5 Fri	6-7 pm Letts

(3rd & 4th Grade)

Activity #314290F	\$35/Res; \$40/Non-Res
5/15-6/5 Fri	7-8 pm Letts



FAR ABOVE THE GROUND (Ages 7 - 9)

Designed to provide kids with the basics of learning how to climb a rock wall. Sessions are an ideal opportunity for youth who have never climbed or have novice experience. Learn rock climbing terms, equipment, safety techniques, and much more. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

Activity #313052A	\$15/Res; \$20/Non-Res
4/18-5/9 Sat	11:30 am-12:30 pm Gier
Activity #413052A	\$15/Res; \$20/Non-Res
6/10-7/1 Wed	6:30-7:30 pm Gier
Activity #413052B	\$15/Res; \$20/Non-Res
7/15-8/5 Wed	6:30-7:30 pm Gier



HIGH ABOVE THE GROUND (Ages 10-12)

Learn basic techniques, knots, footwork, commands, safety equipment and much more for climbing a rock wall; ideal for beginners and intermediate rockers with little experience. Increase your endurance while having fun. Instructor: Lansing Parks & Recreation Staff

Activity #313053A	\$15/Res; \$20/Non-Res
4/18-5/9 Sat	1-2 pm Gier
Activity #413053A	\$15/Res; \$20/Non-Res
6/9-6/30 Tue	7:30-8:30 pm Gier
Activity #413053B	\$15/Res; \$20/Non-Res
7/7-7/28 Tue	7:30-8:30 pm Gier



TEENS WHO ROCK (Ages 13-17)

The gym is open to climbers. All climbers must have a liability waiver form on file signed by their parent or legal guardian. You are required to wear a safety helmet while climbing the wall. All climbers age 14 and older must pass a certification test to top-rope or lead climb.

Activity #313054A	\$3/Res; \$4/Non-Res
5/8-6/5 Fri	6-8 pm Gier
Activity #413054A	\$3/Res; \$4/Non-Res
6/18-7/9 Thu	7:30-8:30 pm Gier
Activity #413054B	\$3/Res; \$4/Non-Res
7/16-8/6 Thu	7:30-8:30 pm Gier



CLIMBING WALL BIRTHDAY PARTY (Ages 6-17)

Give your child or teen a Birthday Party that's unique at the Gier Center indoor climbing wall. They can enjoy hours of climbing, gym activity, and game room fun. Parents provide their own party favors. No climbing experience is needed. An experienced staff person will accompany your party. The cost is \$65.00 for 10 participants, \$2.00 each additional youth. For more information, please call 483-4313.



FAMILY THAT ROCKS

Designed to give the family time to climb together and learn the basics of climbing safety, harnesses, knots, belaying, commands, and climbing techniques. All equipment is provided for the course. Family consists of 4 related individuals; each additional member is \$2 for Lansing resident and \$3 for non-residents. Instructor: Lansing Parks and Recreation Staff

Activity #313055A	\$45/Res Fam.; \$67/Non-Res Fam.
4/23-5/14 Thu	6:30-8:30 pm Gier
Activity #313055B	\$45/Res Fam.; \$67/Non-Res Fam.
5/21-6/11 Thu	6:30-8:30 pm Gier



OPEN CLIMBING DAILY

Adults who are interested in climbing our wall are required to sign a waiver form and must know how to belay. Bring your own equipment or use ours to scale the Gier Wall. We recommend that you call 483-4313 to RSVP climbing time. Experienced climbers only-all open Gym climbers must pass a competency test. Cost: \$5 per hour; per climber.

AFTER WORK AEROBICS

This moderate impact workout is high intensity and will give you great cardiovascular benefits without pounding your body. Start with a brief warm-up, continue with 35-40 minutes of aerobics, and end with cool-down, core strengthening, and stretching. The class is designed to maximize the use of time and fit into a busy schedule. At the door prices are \$2 for City of Lansing resident and \$3 for non-residents (pictured ID will be required). Certified Instructor: Ann Kostin-McGill. 8 sessions.

Activity #313240A	\$16/Res; \$24/Non-Res
4/14-5/7 Tue & Thu	6-7 pm Gier
Activity #313240B	\$16/Res; \$24/Non-Res
5/12-6/4 Tue & Thu	6-7 pm Gier
Activity #413240A	\$16/Res; \$24/Non-Res
6/9-7/2 Tue & Thu	6-7 pm Gier
Activity #413240B	\$16/Res; \$24/Non-Res
7/7-7/30 Tue & Thu	6-7 pm Gier
Activity #413240C	\$16/Res; \$24/Non-Res
8/4-8/27 Tue & Thu	6-7 pm Gier
Activity #413240D	\$16/Res; \$24/Non-Res
9/8-10/1 Tue & Thu	6-7 pm Gier

ZUMBA (Adults)

Ditch the workout and join the party. Zumba's rhythm and tantalizing moves create a dynamic workout that is high in energy. 8 sessions

Activity #341220A	\$26/Res; \$39/Non-Res
3/12-4/30 Thu	6-7 pm Miller Rd

ZUMBA is coming to the Southside Community Center this summer! Try the class out at our free demos this spring. Call 483-4290 for details.



JUST ABOVE THE GROUND (Ages 4-6)

Designed to provide kids with the basics of rock climbing on our indoor climbing wall. This is an ideal opportunity for children who have never climbed before or are just beginning. Your child will have fun, learn safety and enjoy a unique physical challenge. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

Activity #313051A	\$15/Res; \$20/Non-Res
4/18-5/9 Sat	10-11am Gier
Activity #413051A	\$15/Res; \$20/Non-Res
6/10-7/1 Wed	5-6 pm Gier
Activity #413051B	\$15/Res; \$20/Non-Res
7/15-8/5 Wed	5-6 pm Gier

SPORTS, FITNESS AND WELLNESS

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance, martial arts and yoga, and turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson.

Activity #350300A	\$48/Res; \$72/Non-Res
4/14-6/2 Tue 6-7 pm	Rich
Activity #350300B	\$48/Res; \$72/Non-Res
4/16-6/4 Thu 6-7 pm	Rich
Activity #350300C	\$60/Res; \$90/Non-Res
4/14-6/4 Tue/Thu 6-7 pm	Rich
Activity #450300A	\$48/Res; \$72/Non-Res
6/16-8/4 Tue 6-7 pm	Southside CC (Hill)
Activity #450300B	\$48/Res; \$72/Non-Res
6/18-8/6 Thu 6-7 pm	Southside CC (Hill)
Activity #450300C	\$60/Res; \$90/Non-Res
6/18-8/6 Tue/Thu 6-7 pm	Southside CC (Hill)

POWER SCULPTING (Ages 15 - Adults)

Lose body fat, gain muscle, feel stronger, get motivated, have more energy, increase self-esteem, and improve performance. This class is for all fitness levels. For total body conditioning, dumbbells and resistance bands are utilized as well as hi-lo impact aerobics, athletic conditioning drills, and kick-boxing for cardiovascular conditioning. Participants provide their own lightweight dumbbells and exercise mat. Sign up for any combination of days to fit your schedule. Instructor: Brenda Rogers, Certified Fitness Trainer. No class 5/25.

Activity #350520A	\$35/Res; \$52/Non-Res
4/13-6/1 Mon 5:15-6 pm	Foster
Activity #350520B	\$40/Res; \$60/Non-Res
4/15-6/3 Wed 5:15-6 pm	Foster
Activity #450520A	\$40/Res; \$60/Non-Res
6/16-8/4 Tue 5:15-6 pm	Southside CC (Hill)
Activity #450520B	\$40/Res; \$60/Non-Res
6/18-8/6 Thu 4:45-5:30 pm	Southside CC (Hill)

LOW IMPACT DANCE AEROBICS (Adults)

This workout takes the jumping and bouncing out of aerobics yet has the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Please bring an exercise mat and athletic shoes to class. Instructor: Margaret Sickles. No class 5/25.

Activity #350500B	\$26/Res; \$39/Non-Res
4/13-5/27 Mon & Wed 6-7 pm	Mt. Hope

LOW IMPACT DANCE AEROBICS (Adults)

A workout that takes the jumping and bouncing out of aerobics yet has the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Please bring an exercise mat and athletic shoes to class. Instructor: Kristi Vartanian.

Activity #313230A (2 days/week)	\$32/Res; \$48/Non-Res
4/13-6/4 Mon-Thu 9-10 am	Gier
Activity #313230B (3 days/week)	\$48/Res; \$72/Non-Res
4/13-6/4 Mon-Thu 9-10 am	Gier
Activity #313230C (4 days/week)	\$64/Res; \$96/Non-Res
4/13-6/4 Mon-Thu 9-10 am	Gier
Activity #413230A (2 days/week)	\$44/Res; \$66/Non-Res
6/15-8/26 Mon-Thu 9-10 am	Gier
Activity #413230B (3 days/week)	\$66/Res; \$99/Non-Res
6/15-8/26 Mon-Thu 9-10 am	Gier
Activity #413230C (4 days/week)	\$88/Res; \$132/Non-Res
6/15-8/26 Mon-Thu 9-10 am	Gier

ZETAS WORKING OUT (Adults)

Join the ladies of Zeta Phi Beta and work-out all the winter blahs! This circuit style workout includes cardio, strength training, stretching and plenty of company!

Activity #414112A	\$2 at the door
4/8-4/29 Wed 6-7 pm	Letts

WALKING FOR THE HEALTH OF IT (Ages 50+)

A low to moderate level health fitness class for older adults with warm-up stretches and the option of (1) walking for 30 minutes or (2) combining walking and 10 strength exercise stations. A cool down stretch will follow the walking portion of the session. Maps of outdoor walking courses will be provided for those preferring to walk outside. Advance registration required. Funded by Tri-County Office on Aging through Michigan Services to the Aging. Instructor: Jane Braatz. (No class 4/6-4/10, 5/25, 6/29-7/3, and there will be no class on Fridays in June, July or August.)

Activity #312300A	Free
4/13-6/26 Mon-Wed-Fri 8:45-9:45 am	Foster
Activity #412300A	Free
7/6-9/28 Mon-Wed-Fri 8:45-9:45 am	Foster

CIRCUIT TRAINING ROOM AT FOSTER CENTER! (Adults)

Using a combination of stability balls, resistance bands, steps and jump ropes our circuit training room promises to give you a good work out that will work your whole body in a half hour. Cost is just \$1 to drop in. Instructions are clearly posted and music will cue you to move throughout the room. Room is opened upon request; scheduled programs take precedence.

CO-ED SAND VOLLEYBALL LEAGUE (Adults)

Serve, volley, block and bump into 6 on 6-volleyball action! Enjoy at least eight league matches (depending on the number of teams registered) plus a League Tournament. Trophies will be included. Players must be 16 years old prior to 6/1/09. Game times will be 6:00 and 7:00 p.m. at Gier Park Sand Volleyball Court. Rainout games will be played on Thursday evenings. For practice, court can be rented for \$5/hr; call Gier Center at 483-4313 for more information. Team registration deadline is: Monday, June 1.

Activity #413980A	\$70/Team
6/16-8/11 Tue 6-8 pm	Gier

LANSING ROWING CLUB

LANSINGROWINGCLUB.ORG

INTRODUCTION TO ROWING

Learn the basics of rowing in single person and multi-oared rowing shells. The program will familiarize beginners with basics of rowing. After a land-based introduction, instruction will be on the water with coaching from experienced coaches from LRC and MSU. All sessions will take place at the Ryden Boathouse in Grand River Park between Martin Luther King and Waverly Rd. on the Grand River. Participants must have reasonable swimming skills.

CLASSES: Tuesdays and Thursdays 6:00 – 7:30pm, and Saturdays 9:30 – 11:00am, June 9 – July 28. Participants are encouraged to attend at least 2 sessions per week. Cost is \$135. To register or for more information: ltr@lansingrowingclub.org

OPEN HOUSE: May 23 and May 30 9:30 – 11:00am (free & optional).

Tour the boathouse, look over equipment and watch some experienced rowers.

You may register in person at the open house.



SPORTS, FITNESS AND WELLNESS

THERAPEUTIC YOGA (Adults)

Experience the health benefits of yoga! Body movement/stretching, breathing practices, and visualization integrated together produce relaxation and an overall sense of well being. This is an ongoing activity associated with the Yogic Sciences Research Foundation and is a drop-in program; pay at the door, no registration necessary. Instructor: Pete Bernardo/Ania Kwaitkowski, Rose Cross, Rob Eschbach. No class 4/10, 5/25, 7/3.

4/6-5/18	Mon	5:30-6:30 pm	\$1/at the door Foster
4/2-9/24	Thu	6-7 pm	\$1/at the door Foster
4/3-5/29	Fri	6-7 pm	\$1/at the door Foster
4/3-9/25	Fri	10-11 am	\$1/at the door Foster
5/26-9/8	Tue	5:30-6:30 pm	\$1/at the door Foster
9/14-9/28	Mon	5:30-6:30 pm	\$1/at the door Foster

TAI CHI FOR STRESS BUSTING (Adults)

Use these calming, fluid, non-impact movements of this gentle exercise to reduce tension and stress. Improve fitness, flexibility, posture and balance; suitable for nearly everyone, even those with arthritis. Instructor: Debra Brown. 8 sessions.

Activity #313280A	\$25/Res; \$37/Non-Res
4/16-6/4 Thu	6:15-7:15 pm Gier

Tennis

TENNIS FOR TOTS (Ages 3-4)

Introduction to tennis through the Quick Start format; the Quick Start format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately. Instructor: Court One North. 6 sessions.

Activity #313171A	\$26/Res; \$35/Non-Res
4/14-5/19 Tue	4:30-5 pm Court One North
Activity #313171B	\$26/Res; \$35/Non-Res
4/18-5/23 Sat	11-11:30 am Court One North

YOUNG STARS TENNIS (Ages 5-7)

Introduction to tennis through the Quick Start format; the Quick Start format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately. Instructor: Court One Professional. 6 sessions.

Activity #313172A	\$26/Res; \$35/Non-Res
4/14-5/19 Tue	5-5:30 pm Court One North
Activity #313172B	\$26/Res; \$35/Non-Res
4/18-5/23 Sat	11:30 am-12 pm Court One North

LOCAL EXCELLENCE TRAINING (High School)

This tennis program is designed for local high school students looking to better their game through match play, match strategy, drill sessions and conditioning. Students should have had previous experience in high school tennis or competitive play. Placement in this level will be determined on the first day of class by the instructor. This program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructor: Court One Professional. 8 sessions. No class 4/11.

Activity #313173A	\$35/Res; \$45/Non-Res
3/14-5/9 Sat	12-2 pm Court One North

NATIONAL JUNIOR TENNIS LEAGUE (Ages 8-18)

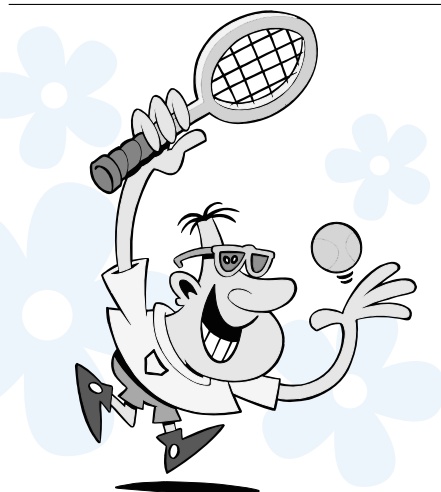
The U.S. Tennis Association/National Junior Tennis League of Lansing (NJTL) is a tennis development program open to youth. Practices/matches will focus on development and competition of the beginner and intermediate player starting with the new Quick Start Tennis approach. In cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One. 8 sessions. No class 4/10 or 4/11.

Activity #313174A (Ages 13-18)	\$35/Res; \$45/Non-Res
3/14-5/9 Sat	12-2 pm Court One North
Activity #313174B (Ages 8-12)	\$35/Res; \$45/Non-Res
3/13-5/8 Fri	6-8 pm Court One North

TENNIS LESSONS (Adults)

Practices/matches will focus on development and competition of the beginner and intermediate player starting with the new Quick Start Tennis approach. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately. Instructors: Court One. 6 sessions. No class 4/7.

Activity #313175A	\$62/Res; \$71/Non-Res
3/24-5/5 Tue	5:30-6:30 pm Court One North



Summer Tennis

Both the Local Excellence Training and NJTL summer program will have leadership speakers each week that will reinforce leadership, team building and problem solving skills. Participants will also enjoy field trips that may include The Kalamazoo Air Zoo, Detroit Science Center, Binder Park Zoo, The Global Village, and the Lansing Lugnuts at Oldsmobile Park. A trip to the Boys 16s and 18s National Tennis Tournament in Kalamazoo will be an additional highlight at the end of the summer. An end of year awards picnic along with a t-shirt for each participant round out the activities. These programs are provided and staffed by Todd Martin Development Fund.

LOCAL EXCELLENCE TRAINING (High School)

This tennis program is designed for local high school students looking not only to better their game, but gain valuable leadership, team building, and problem solving skills. Participants should have had previous experience in tennis instruction or competitive play. 4 week sessions. Level to be determined on first day of class. No class 7/6-7/10

Activity #413173A	\$30/Res; \$35/Non-Res
6/8-7/3 Mon-Fri	12-2 pm Lansing Catholic Central
Activity #413173B	\$30/Res; \$35/Non-Res
7/13-8/7 Mon-Fri	12-2 pm Lansing Catholic Central

NATIONAL JUNIOR TENNIS LEAGUE (Ages 8-18)

The U.S. Tennis Association/National Junior Tennis League of Lansing (NJTL) is a tennis development program open to youth, ages 8-18. Instruction and practice matches will focus on development and competition of the beginner and intermediate player. 4 week sessions. No class 7/6-7/10.

SESSION 1:

June 8-July 3 Mon-Fri Fee: \$25/Res; \$30/Non-Res

Activity #	Ages	Times	Locations
413174A	8-12	9-11 am	Letts Courts
413174B	13-18	12-2 pm	Letts Courts
413174C	8-12	9-11 am	Eastern Courts
413174D	13-18	12-2 pm	Eastern Courts
413174E	8-12	9-11 am	Wainwright Elementary
413174F	13-18	12-2 pm	Wainwright Elementary

SESSION 2:

July 13-August 7 Mon-Fri Fee: \$25/Res; \$30/Non-Res

Activity #	Ages	Times	Locations
413174AA	8-12	9-11 am	Letts Courts
413174BB	13-18	12-2 pm	Letts Courts
413174CC	8-12	9-11 am	Eastern Courts
413174DD	13-18	12-2 pm	Eastern Courts
413174EE	8-12	9-11 am	Wainwright Elementary
413174FF	13-18	12-2 pm	Wainwright Elementary

Lifetime Sports

2009 Spring/Summer Dates To Remember

March 16	Adult Spring Tennis Registration
March 20	Soccer registration ends
March 24	Resident Youth Baseball/Softball Registration (space is limited)
March 30	Open Youth Baseball/Softball (space is limited)
April 1	Soccer Officials meeting
April 2	Soccer Coaches meeting
April 10	Adult Spring Tennis registration deadline
April 13	Wildcat Baseball Organizational meeting
April 15	Adult Softball Organizational meeting
April 16	Wildcat Softball Organizational meeting
April 18	Soccer Season Starts
April 20	Adult Spring Tennis season starts
April 23	Jr. & Wildcat Baseball/Softball Umpire meeting
May 4	Adult Softball Season Starts
May 15	Jr. Baseball/Girls Fast Pitch Entry Deadline
May 15	Wildcat Baseball/Softball Entry Deadline
May 23	Youth Baseball/Softball Umpire Clinic (10 am @ Davis Park)
May 11	Adult Summer Tennis Registration
June 12	Summer Tennis Registration deadline
June 15	Jr. Baseball/Girls Fast Pitch Season Starts
June 22	Summer Tennis
June 26	LAST DAY TO ADD PLAYERS IN ALL SPORTS
July 6	Flag Football & Fall Soccer registration
Sep. 11	Fall Youth Soccer & Flag Registration Ends
Sep. 26	Fall Youth Soccer Begins
Sep. 29	Flag Football Begins

Meetings will be held at 7:00 pm & at Foster Community Center Unless time and site was listed.

SPRING YOUTH SOCCER COACHES MEETING

Coach, this is your opportunity to get information, have your questions answered and if you plan on coaching a team be sure to attend. If possible, shirts, rosters, and equipment will be available.

4/2 Thur 7 pm Foster

SOCCER REFEREE MEETING

If you are interested in refereeing youth soccer this season come to this information meeting. These leagues are a great place to learn officiating skills. We will discuss our philosophy regarding youth soccer, field situations, pay schedules, and training of officials. Join our team, become a soccer official.

4/1 Wed 7 pm Foster

SPRING YOUTH SOCCER REGISTRATION

Youth ages 5 to 12 who are interested in playing soccer can register for the spring 2009 Soccer program Monday February 23 to Friday March 20, 2009. Children will be placed on a team in their age division with a volunteer coach. School based teams will be formed; so please contact your child's school to see if they have a team. Fees vary according to age and will include an eight game schedule, t-shirt and player patch. Shin guards are mandatory and not included in the fee. Look for the "Soccer registration" flyers at your child's Lansing Public School. For more information, or to volunteer coach a team, call the sports office at 483-4039. The season will begin Saturday, April 18th.

4/18-5/16 Tue, Wed, Thu, Sat See team schedules

ADULT SPRING SOFTBALL ORGANIZATIONAL MEETING

The Adult Spring Softball Coaches' meeting for men, women and co-ed softball teams. Coaches and players are welcome to attend this informational meeting for the upcoming season. Rule supplements with team entry forms, team rosters and local rules will be available along with tournament information.

4/15 Wed 7 pm Foster

ADULT CO-ED WIFFLE BALL TOURNAMENT

We will supply all the equipment. We will use only Wiffle Inc. equipment, the thin yellow bat and the 6 slot wiffle ball. All you need is a team of 7 players and a great attitude. This tournament will be round robin 3 game guaranteed, with championships in the afternoon.

6/27 Sat 10 am \$35 per team entry fee
Davis Park

BOYS & GIRLS SUMMER LACROSSE CAMP (Ages 9-13)

Summer Day Camp program providing an excellent experience for lacrosse players of all abilities. Players will improve their skill; knowledge and appreciation of the game of lacrosse. Campers are divided according to experience, age and ability to match the coaching to the player. Our focus on basic skills will include, shooting, on and off ball movement, throwing, ground balls, catching, defense, passing, fast breaks, dodging, and stick skills.

Activity #414100A \$65
7/20-7/23 Mon-Thu 12-2:30 pm Frances Park

TENNIS LEAGUES FOR ADULTS

The Lifetime Sports Section offers Adult Tennis Leagues. Available are Men's Class A, B, C, or 40 & Over singles and Men's Doubles; Women's Singles or Doubles, and Mixed Doubles. League schedules will be mailed to participants and play will be at Ranney Park, Clifford Park or St. Joseph Park. Cost is as follows: Lansing Residents, singles fees - \$10.00; doubles fee - \$7.00 per person (must enter with a partner). Non-Residents, singles fees - \$15.00; doubles fees - \$10.00 per person (must enter with a partner).

Registrations forms available at the Lifetime Sports Office, 200 N. Foster. Call 483-4039 for more information.

Spring Tennis Registration Deadline
Thursday April 9, 2009

Spring Tennis Begins
Monday April 20, 2009

Summer Tennis Registration Deadline
Friday June 12, 2009

Summer Tennis Begins
Monday June 22, 2009

Fall Tennis Registration Deadline
Friday July 31, 2009

Fall Tennis Begins
Monday August 10, 2009



Be a mentor! Sign up to coach our youth.
Call 483-4039 to volunteer or for more information

Lifetime Sports

LITTLE KICKERS PRESCHOOL SOCCER

Little Kickers is a great way to introduce your 3, 4 or 5 year old to the sport of soccer. Games are played on Saturdays at Marshall Park. Each week children will have 30 minutes of practice and a 3 on 3 scrimmage for the 4 and 5 year olds. Three year olds will run through a controlled "clinic" leading up to organized scrimmages the final week. Cost is \$18 (\$23 for nonresidents) and includes a league t-shirt and 4 week schedule. Spring Season begins Saturday April 25th, 2009 Fall Season begins Saturday September 12, 2009.

MEN'S ADULT BASEBALL LEAGUES

Entry forms will be available March 2nd for the area's best and most prestigious baseball league in the Lansing Area. Leagues are offered in Men's 40 & Over (begins May 11th), Men's Major's Wood Bat (begins May 26th), and Men's 30 & Over (begins July 13th).

ACTIVE SENIOR SOFTBALL LEAGUES

Lansing is home to the largest Senior Softball Leagues in mid-Michigan. Divisions offered in 50, 60, and 70 & over. Interested individuals looking for a team can call 483-4039 to be placed in our "Free Agent" book.

YOUTH WILDCAT T-BALL

The Wildcat T-Ball Program is designed for boys and girls 5 - 6 years old. This league will help introduce your child to the basics of baseball and softball in a fun way. Games are played Monday/Wednesday or Tuesday/Thursday beginning June 15, 2009. Cost is \$20 (\$25 for nonresidents) per child and includes a league T-shirt and 8 game schedule. All Players must be registered by May 15, 2009.

YOUTH BASEBALL AND SOFTBALL WILDCAT PROGRAM

The Wildcat Baseball/Softball program is a fun and fit way to get your child introduced to America's pastime. Leagues are designed for youth ages 7 - 14, with special emphasis on skill development through games and practices. Individual registrations and school/team based registrations available. Fees vary based upon age, and will include a t-shirt, hat and an 8 - 10 game season. League play begins June 15, and runs through the end of July with evening games and practices and some Saturdays. All Players & Teams must be registered by May 15, 2009.

YOUTH BASEBALL/SOFTBALL UMPIRES & SCOREKEEPERS NEEDED

Looking to make a bit of extra cash this summer? The Lansing Parks & Recreation Department is looking for excited, fun, and responsible teens and adults to umpire and score keep in the Youth Baseball and Softball programs. There will be a mandatory informational meeting on April 23, 2009 (7:00 p.m. at Foster Community Center) and on field training Saturday May 23, 2009 (10:00 a.m. at Davis Park).

AQUAFINA PITCH HIT & RUN SKILLS COMPETITION

Aquafina Major League Baseball Pitch, Hit & Run (PHR) is an exciting baseball skills competition that provides boys and girls, ages 7 to 14, the opportunity to showcase their pitching, hitting and running abilities. This FREE event will take place on Saturday June 20th, 2009 at Ranney Park. On-site registration will begin at 12:00, with the competition starting at 1:00 pm.

CO-ED ADULT KICKBALL LEAGUE

The elementary school game comes alive in this fun and fit league. The six game schedule begins play on Tuesday August 11th, 2009 with games being played at Sycamore Park. The cost of the program is \$100 and includes the 6 game schedule and shirts for the league champion. Game are officiated by the players, keeping the game fun and noncompetitive.

YOUTH NFL FLAG FOOTBALL

Youth NFL Flag Football, the NFL'S official youth league for boys and girls in grades K - 5. Divisions of play include K/1, 2/3, 4/5 all divisions are coed. NFL Flag provides the opportunity for kids and families to become involved in football through participation early in life. It also helps develop the first phase of player and coach development by teaching football skills at the earliest age, while focusing games on speed and agility not size and strength. Games are played one weekday evening and Saturdays beginning September 29th, 2009. The cost to participate is \$30 for City of Lansing Residents; \$35 for Nonresidents, which includes a high quality NFL replica jersey. Participants must register by September 11, 2009.

Camp Lansing Summer Sports Camps

CAMP LANSING BASKETBALL CAMP

Learn basketball skills and fundamentals from staff committed to providing a positive camp experience. Coach Mike Ingram of Lansing Community College will teach basic and intermediate individual and team skills. Camp runs Monday through Friday July 13-17, 8:30 am-2:00 pm, lunch is not provided. Cost (\$50 resident; \$55 non resident) includes a Camp T-shirt.

CAMP LANSING SOCCER CAMP

Learn basic and intermediate soccer skills in this fun camp experience. Camp Lansing is open to Boys and Girls and will emphasize skill development in the areas of passing, trapping and shooting. Basic Drills and team based scrimmages will highlight each camp day. Join SoccerZone's experienced staff as they teach campers about America's fastest growing sport.



THERAPEUTIC RECREATION

ADAPTED AQUATICS

(Adults w/MS, Fibromyalgia, Arthritis or other physical disabilities)

Practice deep breathing and complete exercises to improve/maintain range of motion. To improve balance and strength reserve 10-15 minutes for walking and noodle work. No class 4/6, 4/8, 5/25 and no make up dates.

Physical Disabilities

Activity #341070A \$20/Res; \$30/Non-Res
3/16-5/6 M&W 5:30-6:15 pm Beekman

Activity #341070C \$20/Res; \$30/Non-Res
5/11-6/22 M&W 5-5:45 pm Beekman

Activity #441070A \$20/Res; \$30/Non-Res
7/6-8/5 M&W 4:15-5 pm Beekman

Cognitive/Developmental Disabilities

Activity #341070B \$20/Res; \$30/Non-Res
3/16-5/6 M&W 6:15-7 pm Beekman

Activity #341070D \$20/Res; \$30/Non-Res
5/11-6/22 M&W 5:45-6:30 pm Beekman

Activity #441070B \$20/Res; \$30/Non-Res
7/6-8/5 M&W 3:30-4:15 pm Beekman

ST. PATRICK'S DAY PARTY

Are you the lucky leprechaun? "Leprechauns" are hidden throughout the building; find them on the great hunt. Dress in green, enjoy a light dinner and stay for board games.

Activity #341810X \$10
3/13 Fri 5-8 pm Miller Rd

BOWLING BANQUET

(Bowlers from Sept-April)

If you participated in the bowling program September through April, join us at Foster Community Center to celebrate with an afternoon lunch, door prizes, trophies and other surprises. This banquet is for both the Tuesday and Thursday BOWLERS!! More information will be available in early April.

4/28 Tue 2:30-4:45 pm Foster Rm 213

WHEELCHAIR SPORTS

EXTRAVAGANZA (All Ages/Family)

Meet new people and have fun while exploring the challenges of basketball, hand-cycling and golf. We are looking for youth and adults who would like to develop a wheelchair sports team in the Lansing community. Learn more about sports for the disabled at this informational demonstration day. For details, sponsorships, and listing of partners contact Joan at 517.483.4291. Participants will be contacted with the final details.

Activity #441004X
5/2 Sat 10 am-1 pm Southside CC (Hill)

HAND-CYCLING (All Ages)

Practice cycling in the parking lot and then hit the trails. Contact Joan at 517.483.4291 for more information.

Activity #441040X \$10/Res; \$15/Non-Res
6/15-8/3 Mon 1 am-2 pm Kircher Parking Lot

WHEELCHAIR TENNIS (All Ages)

Practice the fore-hand, back-hand, serve, volleys and play a game.

Activity #441160X \$10/Res; \$15/Non-Res
6/16-8/4 Tue 2:30-3:30 pm Ranney Park

ADAPTED GOLF (All Ages)

Learn fundamentals of the game and practice with the pros. An adapted golf cart is available for use during your lesson.

Activity #441050A (Adult) \$30/Res; \$45/Non-Res
6/17-8/12 Wed 2-3 pm Sycamore Golf Range

Activity #441050B (Youth) \$30/Res; \$35/Non-Res
6/17-8/12 Wed 2-3 pm Sycamore Golf Range

BOWLING

(Ages 13-Adults with/without disabilities)

Join the summer gang for a cool afternoon of fun. Notice -All games must be completed by 4:30 p.m. Rides home must be made by 4:45 p.m. Adapted equipment (ramps) are available for use. The cost per game is \$2.50.

Activity #441060A (Adult) \$10/Res; \$15/Non-Res
Activity #441060B (Ages 13-17)

6/18-8/6 Thu 3-4:30 pm Holiday Lanes

FISH CAMP (Youth/Adult)

Learn to bait the hook, cast, remove the fish from the hook safely and care for your rod and reel. This leisure activity requires quiet, peaceful time as you learn to fish the local lakes. Be sure to have your fishing license.

Activity #441730A (Adult) \$10/Res; \$15/Non-Res
7/27-7/30 Mon-Thu 9:30 am-12 pm
Hawk Island Kestrel Shelter

Activity #441730B (Youth) \$10/Res; \$15/Non-Res
8/3-8/6 Mon-Thu 9:30 am-12 pm
Hawk Island Kestrel Shelter

FISHING AND BOATING

(Teen/Adult)

Bring your gear, tackle box, sun-screen, hat and we are off to Sleepy Hollow for a day of fishing, lunch and relaxation. Be sure to have your fishing license. If you plan on keeping the fish bring a container to keep it in. We will depart and return to Foster Community Center.

Activity #441735X \$10
8/11 Tue 9 am-4 pm Sleepy Hollow State Park

(Make-up Date) \$10
8/13 Thu 9 am-4 pm Sleepy Hollow State Park

HARRY POTTER PARTY (Teen/Adult)

See what is developing in the world of Potter supporters. Enter the School of Hogwarts, sit through the sorting hat and then come join the fun. Enjoy a meal at Hogwarts, tour the classes, have fun with the other Houses and plan on playing a fun game Quidditch.

Activity #441814X \$10
6/30 Tue 2-6 pm Frances Park Pavilion

HAWAIIAN LUAU (Teen/Adult)

Can't get to Hawaii? Stop by and enjoy a feast of FUN with lunch, games, music, lunch, swimming, crafts and sand. Kick back, relax, laugh and be part of the summer fun.

Activity #441811X \$10
7/14 Tue 11 am-3 pm Hawk Island Kestrel Shelter

LAZY SUMMER PICNIC PARTY

(Teen/Adult)

Visit an old familiar park; settle down into the coolness of the trees and breeze, enjoy lunch and games. Drop-off and pick-up will be in the parking lot by the fish pier. Look for the signs on the S-curve by the river for easy drop-off and pick-up.

Activity #441813X \$10
8/14 Fri 11 am-3 pm Moores Park

Activities are subject to change due to circumstances beyond our control. Please contact the Parks and Recreation Department at 483-4277 or check the website for updates at <http://www.lansingmi.gov/parks>

THERAPEUTIC RECREATION

STRETCH & STRENGTHEN (Adults)

Regular workouts help to keep us healthy and fit. Staff will assist with direction and keep notes on your improvements.

Activity #341200B	\$14/Res; \$21/Non-Res
5/11-6/29 Mon 2-3 pm	Foster
Activity #441200A	\$14/Res; \$21/Non-Res
7/6-8/10 Mon 2-3 pm	Foster

S'MORES & BONFIRE (Teen/Adult)

Watch the sun set and the full moon rise as you journey on the trails at Sleepy Hollow State Park. Come back to the fire ring for an evening of s'mores and refreshments. We will depart at 6:00 and return to Foster Community Center. Arrange for a 10:15 pm pick-up at Foster Center.

Activity #141810X	\$10
9/11 Fri 6-10 pm	Foster/Sleepy Hollow

Overnight Camping

It's a fun and exciting night at the center. Get in on the horse-shoe, billiard and Uno tournaments. A cookout and breakfast are provided.

POOL SHARK AND HUSTLERS (Guys only)

Activity #441510A	\$10/Res; \$15/Non-Res
7/10-7/11 Fri-Sat 4 pm-9:30 am	Miller Rd

PRETTY PAMPER PINK PARTY (Women only)

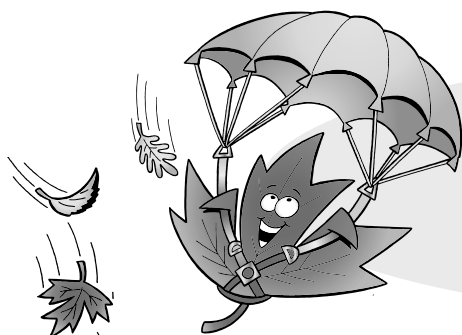
Polish your nails, look at fashion, pamper your feet, and dress your hair and make-up at this fun night. Dinner and breakfast provided.

Activity #441510B	\$10/Res; \$15/Non-Res
7/31-8/1 Fri-Sat 4 pm-9:30 am	Miller Rd

SLEEPY HOLLOW RESPITE CAMPING (Teens/Adults)

Pack your bags, tents, favorite book, deck of cards and bring your fun self to the outdoor overnight at Sleepy Hollow. We will pitch tents, bring out the comfy lawn chairs, take a walk through the trails, do a little fishing and have fun all day long. Dinner, snacks and breakfast provided. Meet at Foster Center for the bus trip out. Rain dates: 8/18-19

Activity #441510C	\$10/Res; \$15/Non-Res
8/17-8/18 Mon-Tue 2 pm-11 am	Sleepy Hollow State Park



PREVIEW OF SPECIAL EVENTS FOR FALL:

Starry Night
Halloween Dance
Color Walk & Craft



Parks & Recreation

The
Benefits Are
Endless...

- Be Happier
- Build Family Unity
- Feel Great
- Meet Friends
- Conquer Boredom
- Build Self-Esteem
- Eliminate Loneliness
- Increase Community Pride
- Promote Sensitivity to Cultural Diversity
- Educate Children and Adults
- Build Strong Bodies
- Offer Place for Social Interaction
- Reduce Crime
- Increase Tourism
- Reduce Stress
- Diminish Chance of Disease
- Create Memories
- Protect the Environment
- Look Better
- Provide Safe Places to Play...

The Turner-Dodge House and Heritage Center is located at 100 E. North Street, Lansing, MI 48906. Call 517/483-4220 for information or visit our web-site at <http://lansingmi.gov/tdodge>. Business Hours are Tuesday - Friday, 10 am-5 pm. (Turner-Dodge House is accessible to the first floor only.)

Visiting Hours

May through October

Wednesday - Saturday, 1-4 pm

\$3.50 for adults
\$2.00 for children
\$5.00 for adult nonresidents

Summer Camps

HISTORICAL DOLL CAMP

(Grades K-6th)

Toys are almost as old as time. Students will investigate the history of dolls and will create various types of dolls that they will be able to take with them.

History Adventurers (Completed grades K-2)

Activity #436910A \$45/Res; \$50/Non-Res
6/15-6/18 Mon-Thu 8:30 am-12:30 pm Turner-Dodge

Time Travelers (Completed grades 3-6)

Activity #436910B \$45/Res; \$50/Non-Res
6/15-6/18 Mon-Thu 8:30 am-12:30 pm Turner-Dodge

HARRY POTTER CAMP

Enjoy a fun filled day at Turner-Dodge's award winning Harry Potter Day Camp. Students will experience four wizard classes, play Quidditch, and unravel the mystery hidden in this year's Wizards Tournament. Please bring a sack lunch. Ask us about our special Halloween, Harry Potter Camp on Oct. 31, 2009.

Activity #436930A

7/18 Sat 10 am-2:30 pm Turner-Dodge \$12

CHIEF OKEMOS CAMP (Grades K-6th)

History, fresh air, and fun will be had by all this summer. Students will learn about Chief Okemos and his friendship with the Turner family.

History Adventurers (Grades K-2)

Activity #436920A \$45/Res; \$50/Non-Res
6/22-6/25 Mon-Thu 8:30am-12:30 pm Turner-Dodge

Time Travelers (Grades 3-6)

Activity #436920B \$45/Res; \$50/Non-Res
6/22-6/25 Mon-Thu 8:30am-12:30 pm Turner-Dodge

LANSING HISTORICAL CAMP FOR ADULTS

August 15, 2009 10 am-3 pm

Have a fun filled day exploring the history of our Capital city. Discover how the Turners helped create Lansing, along with the important contributions of the Dodges. Lunch is included and will be served on the front porch, weather permitting. Please call 517-483-4220 to reserve your spot. Fee is \$15 per person.

SUMMER MYSTERY DINNER

June 26th and June 27th

Why wait until fall to enjoy a good who done it? Join us this summer for a mysterious evening of delectable food and intrigue. Hors d'œuvres start at 6:30 p.m. with dinner to follow at 7 p.m. Please call 517-483-4220 to book your reservation. Fee: \$35/ Resident; \$40 Non-Resident.

TOUR AND TEA

Enter the magnificent, oak receiving hall of this Classical Revival, turn of the 19th century historic home. The 12ft. ornamental tin ceilings and fine craftsmanship reflect the rich heritage of an earlier time. Tea and cookies are included for adult tours. Guided tours for groups of 10 or more. Tours may be scheduled year around. Fee: \$8 /guest

RENT THE TURNER-DODGE HOUSE FOR YOUR SPECIAL EVENT

You can hold a wedding, reception of any kind, small business meeting, or other special gathering that would be sure to be enhanced by the ambience of the beautiful Turner-Dodge House. Reasonable rates. Call the Turner-Dodge House or go to our website for more information.

HERITAGE BADGES

Girl Scout Brownie Try-its & Jr. Girl Scouts

Troops may earn badges in our Heritage Badge Series. Our fee includes supplies (not badge). Check our web-site or call for a brochure or reservations. Fee: Residents \$4/Scout, Non-Residents \$6/Scout, \$2.00/Parent. One leader and one co-leader are free.

Cub/Boy Scouts

Scouts may earn or work toward earning achievements toward the scout requirements. Scout programs are designed to meet achievement requirements for Tigers, Wolves, Bears, and Webelos. (A two hour special badge program can be designed to meet additional badge requirements.) Call for reservations or for more information. Fee: Residents \$4/Scout, \$6/Non-Resident Scout, \$2.00/Parent. One leader and one co-leader are free.

TEDDY BEAR TEA (All Ages)

May 16, 2009 3 pm.

The Turner-Dodge House is pleased to announce our first annual Teddy Bear Tea. Share a delightful afternoon with children, parents, and grandparents. Be transported back in time to enjoy soothing tea and sweet treats. Children are welcome to bring a teddy bear to join in the fun. Please call 517-483-4220 to make your reservation. Fee is \$8 per person.

CHILDREN'S BIRTHDAY PARTY

Tour the house, play old-fashioned party games, and make a party favor. Select from four themes: Victorian, American Girl, Civil War, or Harry Potter. We will supply the punch, you bring the cake. Allow 1 1/2 hours. \$60 (max.12, including adults).

GENERAL INFORMATION

Frequently Called Numbers

Administrative Offices (124 W. Michigan, 8th Floor, City Hall))	
Phone	483-4277
Fax	483-6062
Cemeteries (Evergreen, Mt. Hope, North)	483-4303
Employment with Parks & Recreation:	
Full-Time (City Personnel Dept).....	483-4004
Part-Time (Parks & Recreation Dept)	483-4277
Forestry/City Street Trees.....	483-4202
Golf Course Operations	483-4232
Leisure Services Division	483-6019
Leisure Services Fax Line.....	377-0180
Parks Grounds Maintenance.....	483-4202
Rentals/Permits:	
Louis F. Adado/Riverfront Park	483-4276
Ballfield Practice Permits	483-4039
Ballfield/Soccerfield Rentals	483-4276
Picnic/Pavilion/Wedding Reservations.....	483-4277
Registration Fun-Lines:	
Foster Center.....	483-4233
Gier Center	483-4309
Letts Center	483-4305
Main Office	483-4277
Riverboat Rentals	627-2154
Special Recreation Services.....	483-6019
Special Recreation Services Fax Line	377-0180
Sports - Adult & Youth	483-4039
Sports Recorded Message (Rain-out/Snow-out)	483-4255
Sports Fax Line	377-0180
Therapeutic Recreation.....	483-4291
TDD (For the hearing impaired)	483-4479
Washington Ice Rink.....	483-4232

Equal Opportunity

The City of Lansing provides services and employment on an equal opportunity basis without regard to religion, race, color, national origin, gender, sexual orientation, age, marital status, height, weight, arrest record or handicap. Any questions regarding this may be directed to the Human Relations and Community Services Department at 483-4477. The number for the communication system for the deaf and hearing impaired is 483-4479 (TDD).

Accessible Opportunities

Lansing Parks and Recreation accepts registrations from all people regardless of skills or abilities. Those individuals who may require accommodation or assistance are encouraged to call the program site or program coordinator two or three weeks before the start of the program. The staff in the department will contact you and make arrangements for reasonable accommodations. The City of Lansing encourages all citizens of our community, including those with disabilities, to participate in recreational programming. Any questions regarding this may be directed to the Therapeutic Recreation Specialist at 483-4291.

If you would like to receive this publication in the mail call the main Parks and Recreation Office at 483-4277 and ask to be added to our mailing list.

Parks & Recreation Facilities

Fenner Nature Center

2020 E. Mt. Hope
Lansing, MI 48910
483-4224 (Fax 377-0012)

Letts Community Center

1220 W. Kalamazoo
Lansing, MI 48915
483-4311 (Fax 377-0073)

Foster Community Center

200 N. Foster Street
Lansing, MI 48912
483-4233 (Fax 377-0179)

Special Rec. Services

200 N. Foster Street
Lansing, MI 48912
483-6019 (Fax 377-0180)

Lifetime Sports

200 N. Foster Street
Lansing, MI 48912
483-4039 (Fax 377-0180)

Miller Road Center

6025 Curry Lane
Lansing, MI 48911
394-5421

Gier Community Center

2400 Hall Street
Lansing, MI 48906
483-4313 (Fax 377-0075)

Turner-Dodge House

100 E. North Street
Lansing, MI 48906
483-4220 (Fax 483-6081)

Golf Course Office**

1600 Ormond Street
Lansing, MI 48906
483-4232 (Fax 377-0053)

Washington Park Ice Complex

2700 S. Washington Ave.
Lansing, MI 48910
483-4232 (Fax 377-0053)

Southside Community Center (Hill Center)

5815 Wise Road, Lansing

** Groesbeck and Sycamore
Golf Courses

Additional facilities utilized for Parks and Recreation programs:

Everett High School

3900 Stabler, Lansing

Mt. Hope Elementary School

1215 E. Mt. Hope, Lansing

Otto Middle School

500 E. Thomas, Lansing

Holiday Lanes

3101 E. Grand River, Lansing

Sexton High School

102 McPherson, Lansing

Fairview Elementary School

815 N. Fairview, Lansing

Dwight Rich Middle School

2600 Hampden, Lansing

Gardner Middle School

333 Dahlia, Lansing

Beekman Center

2901 Wabash, Lansing

Wexford Elementary School

5217 Wexford, Lansing

Court One Ath. Club - North

1609 Lake Lansing, Lansing

North Elementary School

333 E. Miller, Lansing

Hope Soccer Complex

5127 Aurelius Rd., Lansing

Rent A Pavilion/Wedding Site

Pavilions are available for rent at Frances, Moores and Washington Parks. Outdoor wedding sites are also available for rent at Frances Park or Cooley Gardens. Reservations are taken up to six (6) months in advance. For reservations or information call 483-4277.

Turner-Dodge House is also available for rentals and weddings. Call 483-4220 for details.

Save this section for easy reference.

City of Lansing Information

ELECTED OFFICIALS

Virg Bernero, Mayor, City of Lansing
Chris Swope, City Clerk

CITY COUNCIL

Derrick Quinney, President, Councilmember at Large
A'Lynne Robinson, Vice President, Third Ward Councilmember
Sandy Allen, Second Ward Councilmember
Kathie Dunbar, Councilmember at Large
Eric Hewitt, First Ward Councilmember
Brian Jeffries, Councilmember at Large
Tim Kaltenbach, Fourth Ward Councilmember
Carol Wood, Councilmember at Large

DEPARTMENT OF PARKS AND RECREATION

ADMINISTRATIVE OFFICE

Department of Parks and Recreation
City Hall - 8th Floor
124 W. Michigan Ave.
Lansing, Michigan 48933
Phone: (517) 483-4277 Fax: (517) 483-6062
Open: Monday - Friday, 8:00 a.m. - 5:00 p.m.

ADMINISTRATIVE STAFF

Murdock Jemerson, Director
Don Ballard, Interim Deputy Director
Paul Dykema, Manager of Forestry and Grounds
Brett Kaschinske, Manager of Leisure Services

PARK BOARD

Rick Kibbey, President
Darlene "Dusty" Fancher, Vice President
Ron Lott
Paul Carrier
Patrick Murray
Tina Houghton
Brian Smith
Cynthia Ward

CITIZEN ADVISORY GROUPS

Foster Community Center Advisory Board
Foster Community Center Youth Advisory Board
Gier Community Center Advisory Board
Letts Community Center Advisory Board
Letts Community Center Youth Advisory Board
Greater Lansing Access Board
Softball Advisory Board
Baseball Advisory Board
Scott Center Advisory Board
Friends of Cooley Gardens
Friends of Fenner Nature Center
Friends of Frances Park
Friends of Turner-Dodge House, Inc.
Friends of Greater Lansing Dog Parks
Friends of Durant Park
Friends of Bancroft Park
Friends of Comstock Park
Friends of Lansing Historic Cemeteries

Refund Policy

In the event of insufficient registration or other circumstances beyond our control, Lansing Parks and Recreation may cancel classes, programs or permits. In such cases you will receive a full refund. Our goal is to provide quality, enjoyable leisure opportunities to the public and we encourage your participation and feedback. We realize that extenuating circumstances sometimes occur that may affect your ability to attend a program after you have registered; contact us immediately if this occurs. Please allow 3-4 weeks for processing refunds. If payment was made by check, please allow 6 weeks for processing.

ONE DAY ACTIVITIES

Up to one week prior to activity, full refund less \$5.00 service charge.

CLASSES/PROGRAMS

Up to one week prior to class/program, full refund less \$5.00 service charge. Less than one week prior to first class or program, but before second class/program, one half refund less \$5.00 service charge. After second class, no refunds.

PAVILIONS – WEDDING SITES

30 days prior to use, full refund, less \$10.00 service charge. Within 30 days to use, no refunds unless reserved and paid for by another group. No refunds because of inclement weather!

LIFETIME SPORTS PROGRAMS

Team fees: Prior to league schedule mailing, full refund less \$5.00 service charge. After mailing - before first game, one half refund less \$5.00 service charge; after first game, no refunds.

Individual fees: Prior to league schedule mailing, full refund less \$5.00 service charge. After first game, no refunds. No refund of improvement fees for softball!

ATHLETIC FIELD RENTAL PERMITS

28 days prior to use, full refund less \$5.00 service charge. After 28 days - before 14 calendar days, one half refund less \$5.00 service charge. Less than 14 days, no refund. No refunds of Athletic Field Practice.

Scholarships Are Available For City of Lansing Youth

Lansing residents under the age of 18 who meet Federal HUD low income guidelines for the Lansing area are eligible for partial scholarships for Parks and Recreation sponsored programs. Applicants may be asked to show proof of income. Scholarships do not cover team fees, supply costs, out of town trips, one day activities or activities not sponsored by the Parks and Recreation Department. A small co-payment is required at the time of application. Visit any community center or the main Parks and Recreation office for information and applications. Call 483-4277 for more information.

LANSING PARKS AND RECREATION DEPARTMENT

5 Easy Ways To Register for Spring & Summer Beginning in March!

Please note that all fees must be paid at the time you register!

1. MAIL-IN REGISTRATION

- Complete Registration Form and include credit card #, 3 digit security code, expiration date and signature, or check or money order payable to Lansing Parks and Recreation
- Mail to the Main Office, or to any community center
- Registrations will be processed daily at 4 pm, beginning **March 16 for residents**

2. TELEPHONE REGISTRATION - *Credit Card payments only!*

- Call any Fun Line, Monday-Friday, 8:30 am - 4 pm
- TDD 483-4479 (for hearing impaired ONLY)
- Register the entire family with one call; you may also register up to one non-family member
- Payment must be made at time of registration, beginning **March 16 for residents**

3. REGISTRATION BY FAX - *Credit Card payments only!*

- FAX Registration Form below to Lansing Parks and Recreation Activity Registration, FAX # (517) 483-6062
- Processed daily at 4 pm, beginning **March 16 for residents**

4. WALK-IN REGISTRATION

- Accepted at the above locations beginning **March 16 for residents**
- Payment must accompany registration

5. ON-LINE REGISTRATION AT www.parks.cityoflansingmi.com

- Beginning at 8:30 a.m. Available 24 hrs a day, 7 days a week



WHERE TO REGISTER

Lansing Parks & Recreation Main Office

124 W. Michigan Ave,
8th Floor, City Hall
Lansing, MI 48933

Phone: 483-4277

Foster Community Center

200 N. Foster Street
Lansing, MI 48912

Fun-Line: 483-4233

Gier Community Center

2400 Hall Street
Lansing, MI 48906

Fun-Line: 483-4309

Letts Community Center

1220 W. Kalamazoo Street
Lansing, MI 48915

Fun-Line: 483-4305

March 16Early Registration for Lansing Residents

March 23Open registration for all

Payment must be made at the time of registration. No class or program openings will be held or saved for persons registering without payment! Registrations are taken on a first come, first serve basis. Please register early!

REGISTRATION FORM

- ☐ If you need accommodations due to a disability, please check this box and register at least 2 weeks prior to start of class to allow for arrangements. Please use a separate registration form for each participant!

Participant's Name _____ **Age** _____ **Phone (home)** _____

Address _____ **City** _____ **Zip** _____

Date of Birth _____ / _____ / _____ **Sex:** ☐ Male ☐ Female

T-Shirt Size (Please circle): Youth/Adult **S M L XL XXL**
(Not applicable to all programs)

Parent/Guardian Name _____

Address _____ **City** _____ **Zip** _____

Phone (home) _____ **(work)** _____ **Emergency contact:** _____ / _____

Name

Phone #

Household E-mail Address (Adults only) _____

Activity #	Activity Title	Site	Day/Time	Fee

If paying by credit card, the following information must be provided:

Discover / Visa / Mastercard (circle one) _____ / _____ / _____
Expiration date 3 digit security code Signature
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8th Floor City Hall
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Lansing MI 48933

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2009 SUMMER
Concerts in the Park

Free Concerts • 7:00 p.m. – 9:00 p.m.
Enjoy outdoor concerts in the neighborhood parks throughout Lansing. Bring your own lawn chair or blanket and sit back for an evening of great entertainment. All concerts are held on Wednesday evenings unless otherwise indicated. For cancellations due to weather please call 483-6019. Rain Date is the following day.

June 10th **Rich Eddy's Rockin' Oldies Band**
Oldies at Frances Park

June 17th **Mystic Shake**
Rhythmic Fun at Durant Park

June 24th **Stolen Moments**
Pop/Classics at Moores Park

July 1st **Old Town Blues Band**
Blues at Georgetown Park

July 4th **Lansing Concert Band**
Riverfront Park *8pm concert
* Special Note: Concert Starts at 8 p.m.

July 15th **The Singletons**
Gospel at Turner Dodge

July 22nd **My Neighbors Dog**
Pop/Rock at Hunter Park

July 29th **Super Grupo Aldaco**
Tejano Music at Frances Park

August 5th **Don Middlebrook and Living Soul**
Tropical Rock at Quentin Park

August 12th **Sea Cruisers**
Oldies at Ranney Park

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PLEASE SHARE WITH A FRIEND! Letts Community Centers or view it on the web at www.parks.cityoflansingmi.com or call 483-4277 to get on the mailing list.